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The Northern Osteopath,

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Contributions

The S. S. Still College of Osteopathy,

A Cursory Glance at One of Iowa's Great Educational Institutions.

**The S. S. Still College Now the Leading College of
Osteopathy in the World.**

What Money and Intellect Can Do

By Wm. R. Dobbyn, Ph. D

Last December we promised the readers of The Northern Osteopath an occasional sketch of some one of the many institutions devoted to the teaching and propagation of the principles of osteopathy. That month we wrote a hurried article concerning the Northern college, whose fine equipment and consecrated faculty won our heart, as well as commanded the respect of our mind. The kind reception given that article fortified us in the determination to carry out our promise, and, indeed, hastened us toward the pleasure of again meeting our readers, as one of the contributors of the magazine.

That the S. S. Still college should be the next to tolerate our invasion, came about in this way: Col. A. B. Shaw, secretary and treasurer of that school, "happened to be in St. Paul" (that's

what visitors of note usually say when they do not wish to elate too suddenly their hosts in Minneapolis), and he called upon us and delightfully entertained us with an account of his school, which at that time we had not visited. The genial colonel won our confidence, and we promptly volunteered to give our readers a description of this young gaint in the mid-west which was attracting so much attention.

At that time we did not know that Col. Shaw was after the college we had learned to love so heartily and had so recently described. He and his coadjutors were after it, however, and, as is their custom, they accomplished their purposes, and consolidated these two institutions, with their fine equipment, in one school, now claimed to be the greatest school of osteopathy in the

DES MOINES STILL COLLEGE
OF OSTEOPATHY & SURGERY

world. So, our readers will, at the beginning, congratulate us upon having so delightful a task to perform.

After the consolidation aforementioned, Col. Shaw confronted us with this declaration:

"Now, Mr. Dobbyn, since we have consolidated these two schools, I expect you to make good your promise to give us a descriptive article. Not that we want a description too glowing, or in any sense exaggerated, for we are opposed to that way of presenting our school, but we know we have a very excellent college, one that we claim to be as good as any, and many say the best, school of osteopathy in the world, and we would like to have you come to Des Moines, stay with us a week or so, go in and out among us, confer with students and professors, examine our equipment and survey our city, and then sit down and write your impressions."

Thus it came about that at this time, earlier than we contemplated, we packed our grip and took passage for the S. S. Still college, situated in Des Moines, and as we subsequently learned from leading citizens, one of the chief sources of pride of the vigorous Iowa capital city.

The fact that the January class was soon to graduate fixed the date of our going. We wanted to be present and "take stock" of the men and women who were to go out, armed with the Still college commission to heal the sick; to go out into the great world where all are tried by the rigid, royal test of merit, and where, whether we will or not, we become candidates for the rugged realm of responsible activities, or delegates to the cold calm, if not the tedious tarn of oblivion's domain.

Holding life and limb precious, we chose the Minneapolis & St. Louis railway, one of the two or three fine

highways that lead from the Twin Cities to Des Moines.

With us were a bright young lady, from the Turtle mountains, North Dakota—bright, brisk and energetic; just such a brave girl as I have often met in the Dakotas—and Prof. Freeman, whom the Still college had also consolidated with their great school.

Reaching Des Moines early in the morning we breakfasted—Freeman and that girl will please say nothing about it, the breakfast I mean—and straightway we took a conveyance for the S. S. Still College of Osteopathy.

It was so early that we only expected to find the engineer and the night watchman as he made his last morning tour of investigation. In fact, to be confidential, Freeman and I made an effort to catch the watchman, that we might interview him relative to the ghosts and ghouls, which come and go in every medical school to enter their inaudible protests against the scientific disposal of their "remains" in the dissecting room.

"The sprites of fiery termagants in flame,"

who, as a rule, cared little for their bodies when they inhabited them, but who, now that their bodies at last are serving a good purpose—

"Mount up and take a Salamander's name."

But we were disappointed, for upon arrival, we found the college building swarming with students—in the business office, in the halls, on the stairways; everywhere the animated throng made merry as greetings were interchanged. Then we remembered that the closing day of the season was at hand, and that in the evening nearly sixty were to receive their degrees.

It was a delectable scene.

Col. Shaw gave us a welcoming hand and then followed introductions to Dr

S. S. Still and the other members of the faculty, when we laid away our coats and wraps and began our observations.

Mrs. Dr. Still explained to us that the unusual hilarity of the students was occasioned by the fact that a successful term's work had just been closed, and that the graduating class had, at

"Half our troubles are half our invention,
And often from blessings conferred
Have we shrunk in wild apprehension
Of evils—that never occurred."

So gaiety and laughter ruled the throng. Snatches of campus songs; couplets called up from the "days of long ago" were sung by the joy intoxi-



S. S. STILL, D. O.

least for a time, laid aside their strenuous life and were making merry, like boys and girls going home for a holiday.

And what an atmosphere of merriment! In every heart was the sentiment of the poet:

"Let tomorrow take care of tomorrow,
Leave the things of the future to fate;
What's the use to anticipate sorrow?
Life's troubles come never too late."

cated students, and one beautiful young woman hummed almost sotto voce, "Home, Sweet Home," as she stood looking out through the west window of the ladies' reception parlor.

From observation it is only a step to reflection. I began to seek out the causes for the condition of affairs and things which could be seen readily by any one accustomed to college life.

Why this spirit of lofty pride inspir-

ing those students? Why this affectionate regard for the teachers on the part of the students? What gave to this graduating class such confidence as it looked out upon the world, each member in attitude of intellect challenging the future years? There must be answers to these questions, and I involuntarily applied the test of experience to this apparently confused agglomeration of thought and sentiment.

that time I thought I could influence so deeply with my academic accomplishments and my inexperience.

Recalling those hours I soon found the facile key more certain than Ali Baba's that let me into the secrets so confidentially exchanged between student and student and between student and instructor.

These students had been reared in an atmosphere of real university life.



MRS. ELLA D. STILL, D. O.

Back, back over time's recent pathway I went—nearly a quarter of a century of busy years I ignored—and placed myself again in the Halls of Cornell University, New York, where I stood almost bedazzled with the conflicting emotions of sadness and joy,—sad to leave my Alma Mater and the Professors I loved with filial affection, joyous that I would soon enter the great world of which I have since found I knew so little, and which at

There was in school all that answers the students' requirements for an active progressive college career. The tangible and intangible equipments of the institution were co-related in a manner to command the respect of the most exacting intellect, and the sympathetic nature of student and teacher had been so cultivated that out of it a tender relation had been created very delightful and very desirable.

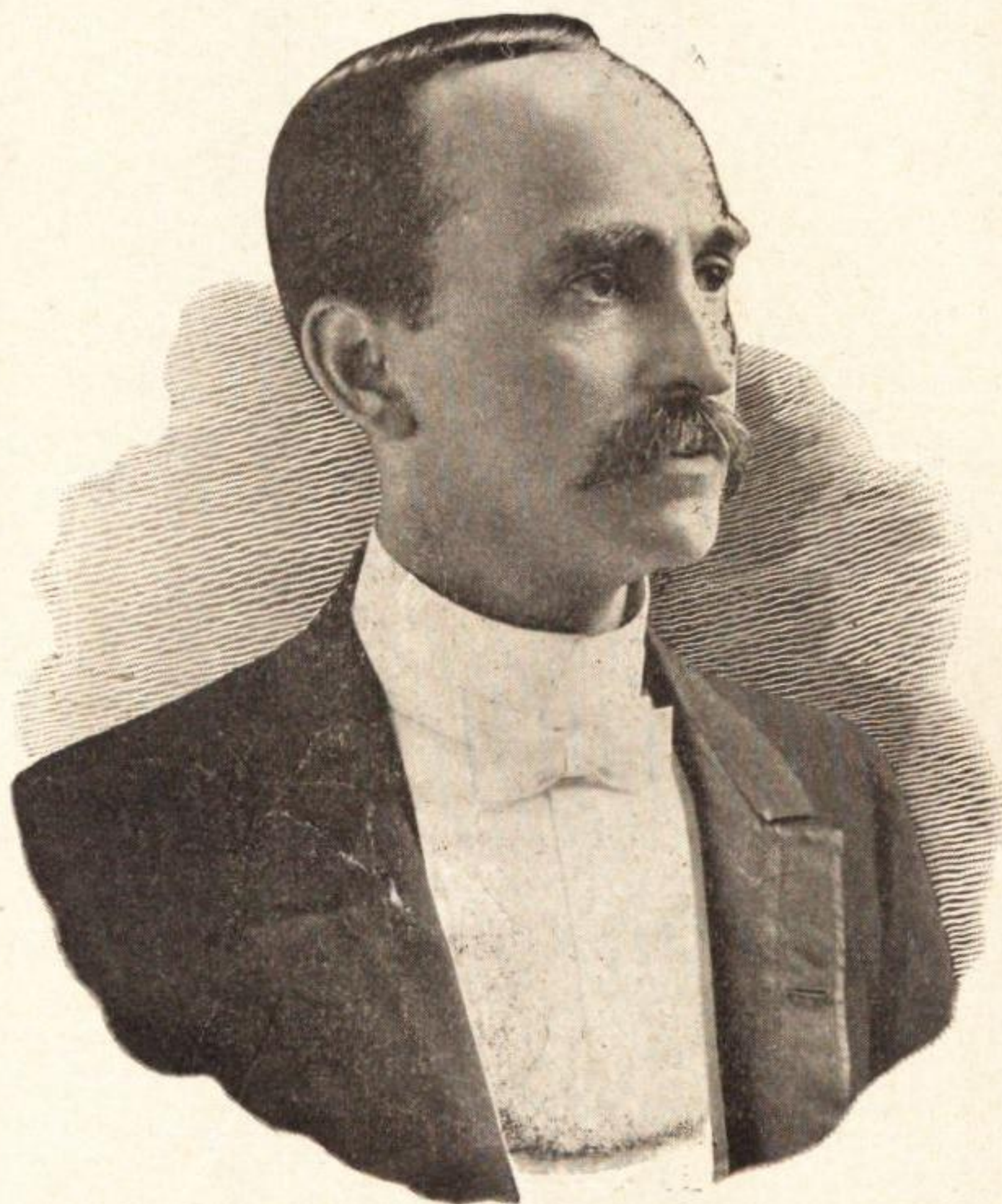
These conditons gave a tone to the

whole school equal to, if not surpassing, anything of the kind I had ever met.

I was glad I lost Freeman, and our young lady friend, in the crowd, for it gave me time to make my investigations as I wish to make them.

An examination of the course of study before we left Minneapolis had convinced me that a strong curriculum was provided. That was all well

serious application; that there was no more effectual way of falling into disgrace than by playing the laggard, and that the finals were rigidly exacting. Every student was given to understand that his or her fee was the least considerable thing in the transaction; that the dignity and efficiency of the profession were largely in the care of the graduates of that college, and that the



COL. A. B. SHAW.

enough. A sweeping curriculum may be trifled with and men and women can be sent out, graduated, with but very little knowledge of it. So I began with the students a searching inquiry into the methods of teaching, the standards of recitation and the character of the final examinations. To my satisfaction I found that the work-a-day life of the student of this college forced

system of healing which it represented must be advanced in preference to all other interests. Every student with whom we conversed showed the influence of this teaching and this example. He felt a responsibility not only for the profession but for the College which compelled him to splendid exertions.

From lecture room to laboratory I wandered during most of a day, and

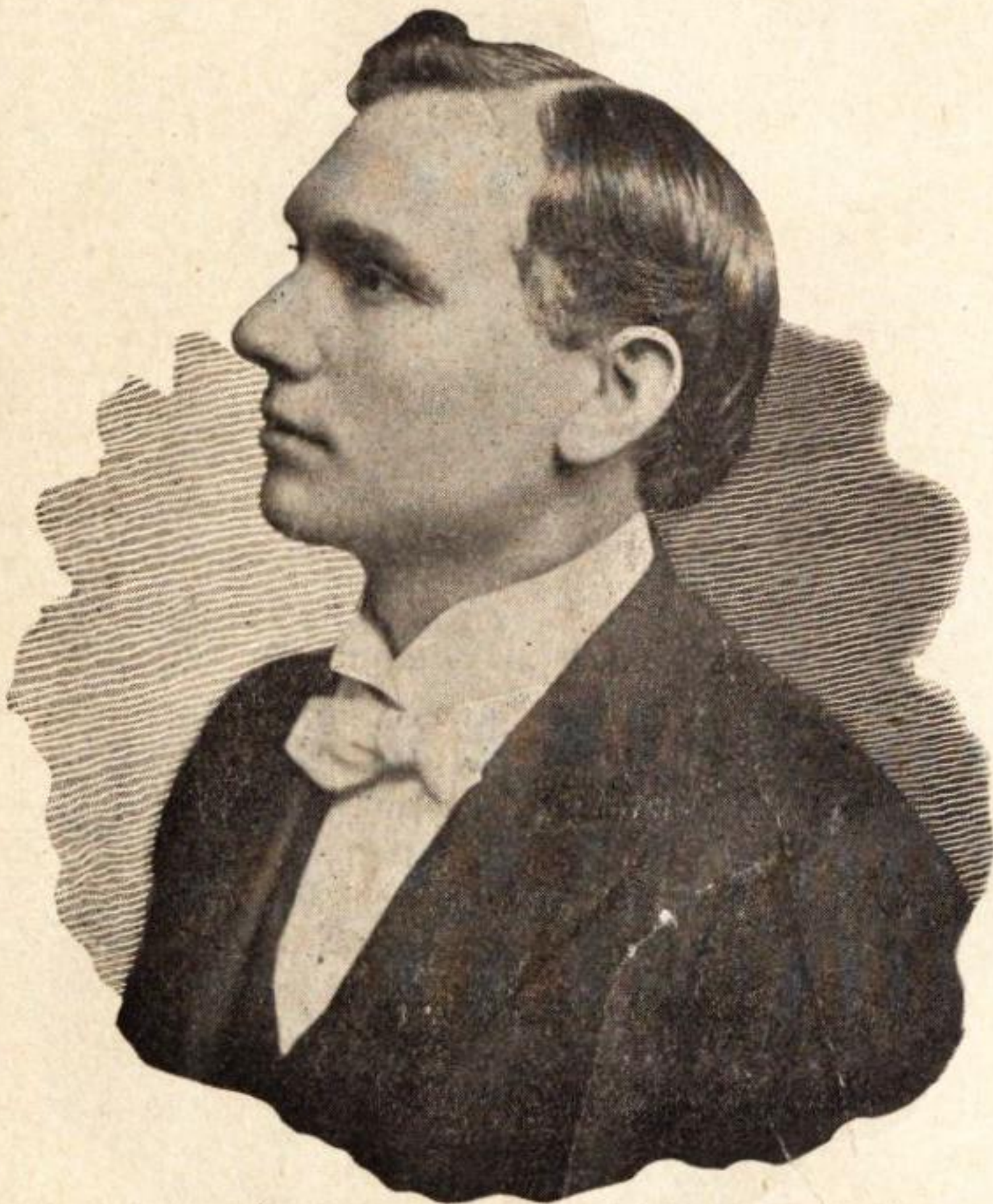
had the pleasure of listening to some of the teachers before their classes. The same thoroughness of which I have before spoken was discernable,

The laboratories are finely equipped, and with the strong addition from The Northern College, there seems to be nothing left that is desirable in their equipment.

I could not help feeling that for

usual growth for a short time, for the school to make inspirative the erection of another wing. And yet the present building is said to be as large as any Osteopathic college in existence.

I was impressed with the lavish expenditure in the heating and ventilating apparatus of the college building. The principles and teachings of osteopathy were crystallized in the planning



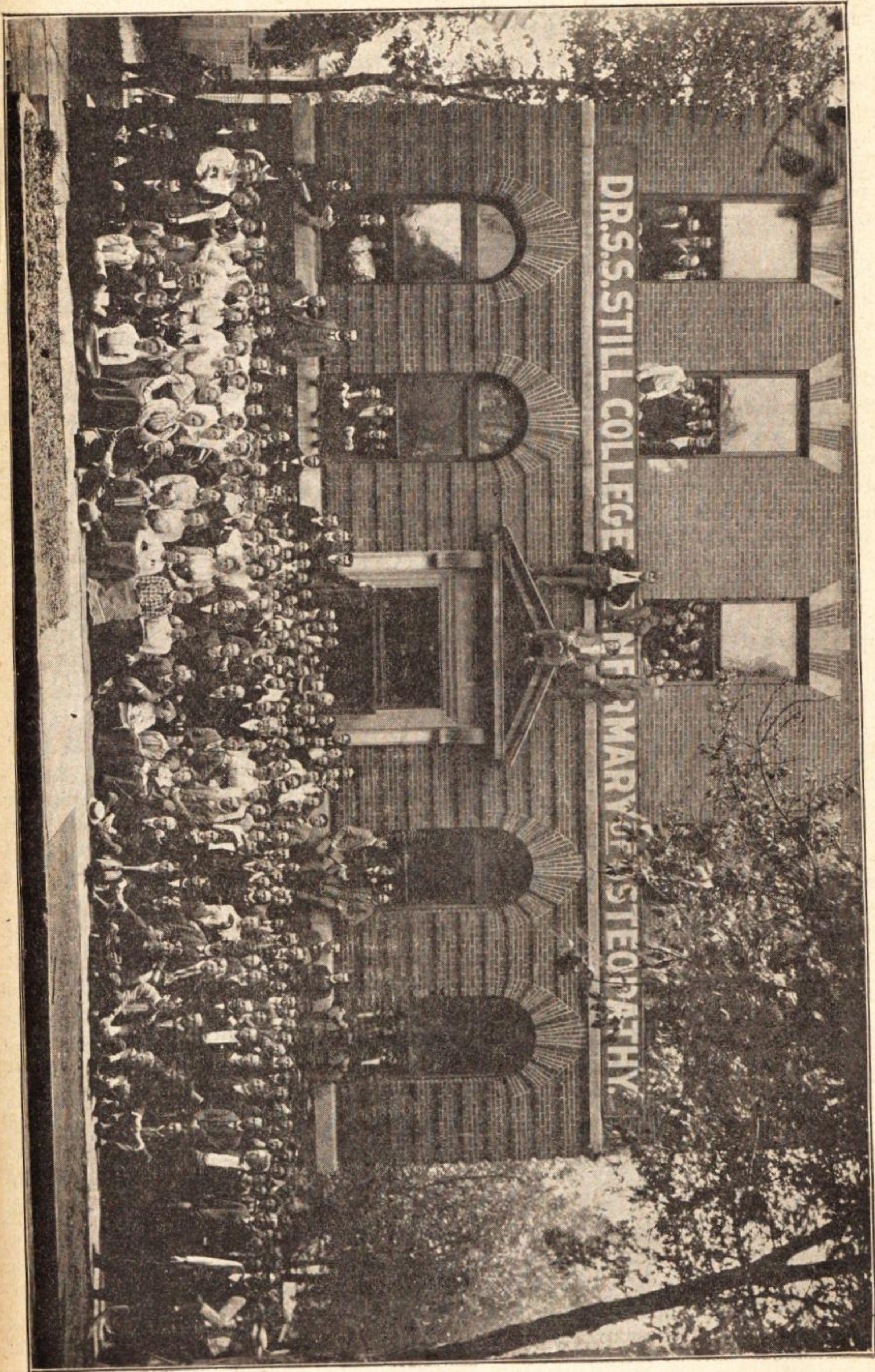
J. W. HOFSESS, D. O.

so large a body of students, the building, large as it is, and so carefully planned, was not large enough for the most convenient management of the classes. When expressing this opinion, I was told that the present building only comprised what would ultimately be the east wing of the University buildings proper; that a fine campus had been purchased, and that it only required the

and equipment. Every room, whether operating room, lecture room or assembly hall, was well provided for heating and ventilation, and a better lighted school it has never been my pleasure to visit.

Inasmuch as osteopathy depends so much upon an intimate knowledge of anatomy, physiology and chemistry, I made diligent inquiry in regard to the emphasis placed upon them. As I an-

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ticipated, these were made cardinal in the curriculum. A large, well appointed dissecting room is provided, and cadavers of every desirable character are furnished, the college having its proportion from state sources according to the number of students.

For nearly two hours I stayed with the class in this house of the dead and the living, that I might really find out whether all this talk about the importance of anatomy to osteopathy was enforced over the dissecting table, and let me say to the readers of this magazine that the investigations were conducted with an eagerness and enthusiasm that betokened a reverent determination to master every detail.

Over one body was a section of students, composed of three young men and one young lady. The scientific spirit was so in the ascendancy that all thought of the gruesome task was eliminated, and every word and act betokened the utmost delicacy. The sacredness of the human body was taught,—this that is so neglected in the average medical school, and the absolute attention to every possible detail makes me wonder how it is that such toil can be pursued so continuously and so enthusiastically.

Down stairs are the treating rooms—so many I did not count them. To these the students are assigned, only two to each room, and carefully taught the proper methods of operation. Where the sick people come from I was not able to find out, but they came in twos and threes and many alone to be treated. So that the student must have a fine experience at the table during two full terms of his course in school.

Upon inquiry I found that ample opportunity was given the students for bedside experience in obstetrical cases. The completeness of these arrangements

typifies the spirit of thoroughness of the whole management. Ample telephone connection is provided the college, of course, and at night two students are left at the school to respond to telephone calls, and summon the sleeping students, whose turn it is to aid the Mother in the holy function of ushering into life another unit of the race. It is doubtful if in another institution in America such assiduous care is taken to amply prepare the student for the duties of this critical hour.

Outside of the college curriculum proper I noted the existence of a number of organizations, all designed to make more complete the life of the student in the school. All kinds of college associations; wheel clubs, athletic clubs, football teams, religious and literary societies and, unique and attractive, a college band of some twenty members, and a college orchestra.

My acquaintance with the professors was necessarily confined to a few, as their college duties precluded much time to be given to social matters. Those whom I met impressed me with their strong intellectual caste. They are men well equipped, and they know it. Not that I would call them egotistic, but assertive and confident.

Dr. S. S. Still, the president, is president because he is built for a president. If he had not been president of the Still School of Osteopathy, he would be president of something else. In a word he is a man of good executive ability. He is happily without that hauteur which so often accompanies men of large affairs. Genial, kind and sympathetic to a fault, he enters into the life of every student that comes within the walls of that college building.

I want to say one thing especially about Dr. Still. He has a royal heart. If I was a poor boy and was looking for a chance to get an education and

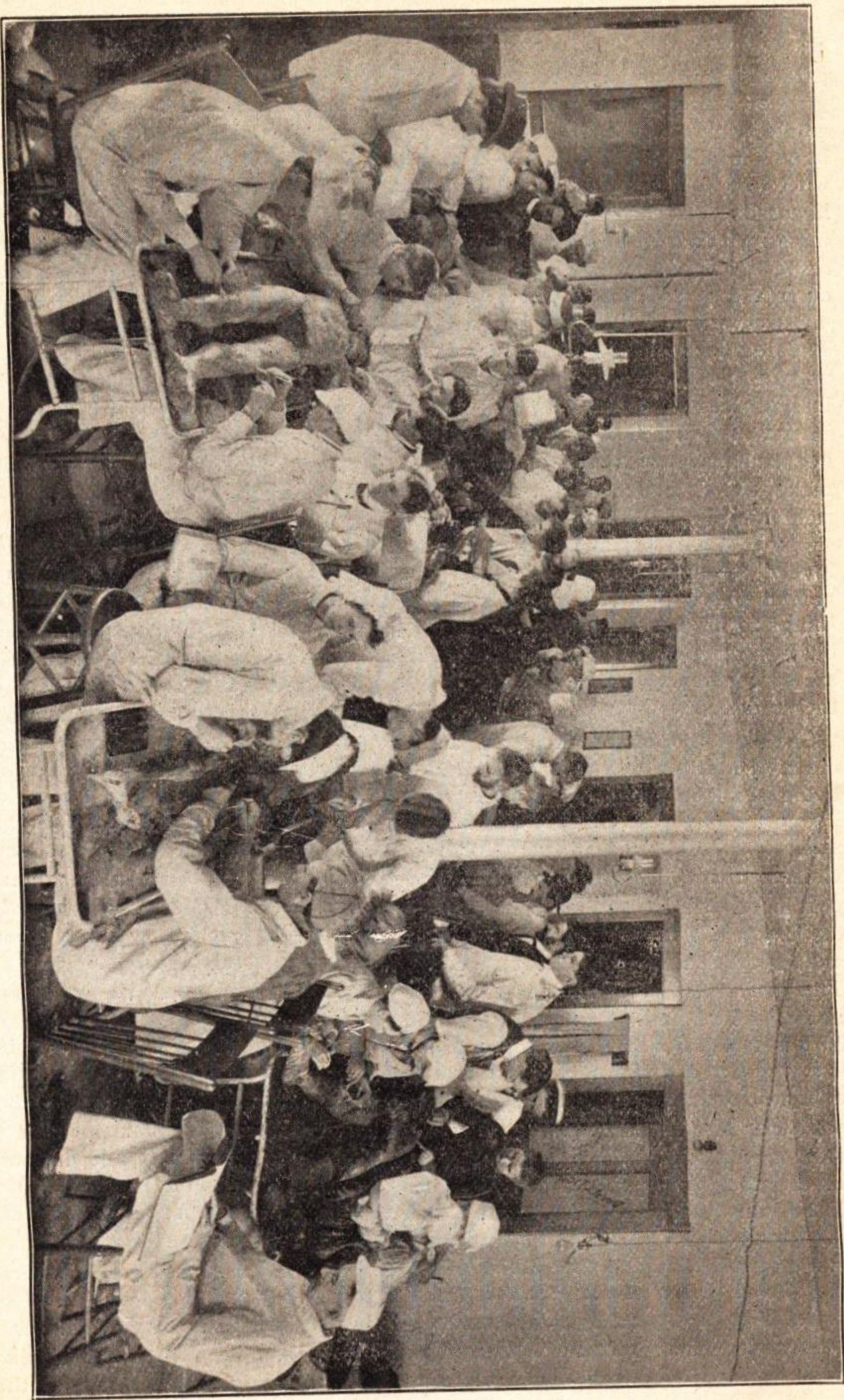


PHOTO ENGRAVING OF STUDENTS AT WORK IN THE DISSECTING ROOM.

earn my way, and my heart was hungry for fatherly and motherly love, I would want to go to Des Moines, and hunt out Dr. Still and his beautiful wife. I know I would be given a chance, if possible, to earn my way without humiliation, and I know that I would be respected none the less because my circumstances made me dependent upon my everyday exertions for maintenance. The doctor is universally respected, not only in the school but by the citizens of Des Moines.

And his wife, Dr. Ella Still! I will not embarrass her, nor do I wish to make Dr. S. S. feel too proud or too rich, nor do I wish to cut myself off short by simply saying "she is perfectly lovely." But I would not treat my readers justly if I did not say a few things to be placed to the credit of this busy woman whose intellect and heart are so constantly exercised in behalf of the students.

She is a mother to them all, and I mean "a mother" in that sacred, tender, living sense in which the noblest word in our language can be spoken. What I said to the students in the Northern College I may as well, in effect, repeat here. "I stood in the rear office the day after commencement exercises and witnessed many affecting scenes. The graduates were leaving—some for home, where father and mother and friends awaited them—some to make the first venture at building a practice and a home for themselves among strangers. For two or three years they had been in the school, had met Mrs. Still in all the exigencies of college life. They knew her; she knew them, and the glorious and comforting fact was, that notwithstanding that knowledge, they loved each other. Strong men came in to say good-bye, and as they pronounced their farewells, their lips could be seen in tremulous emotion,

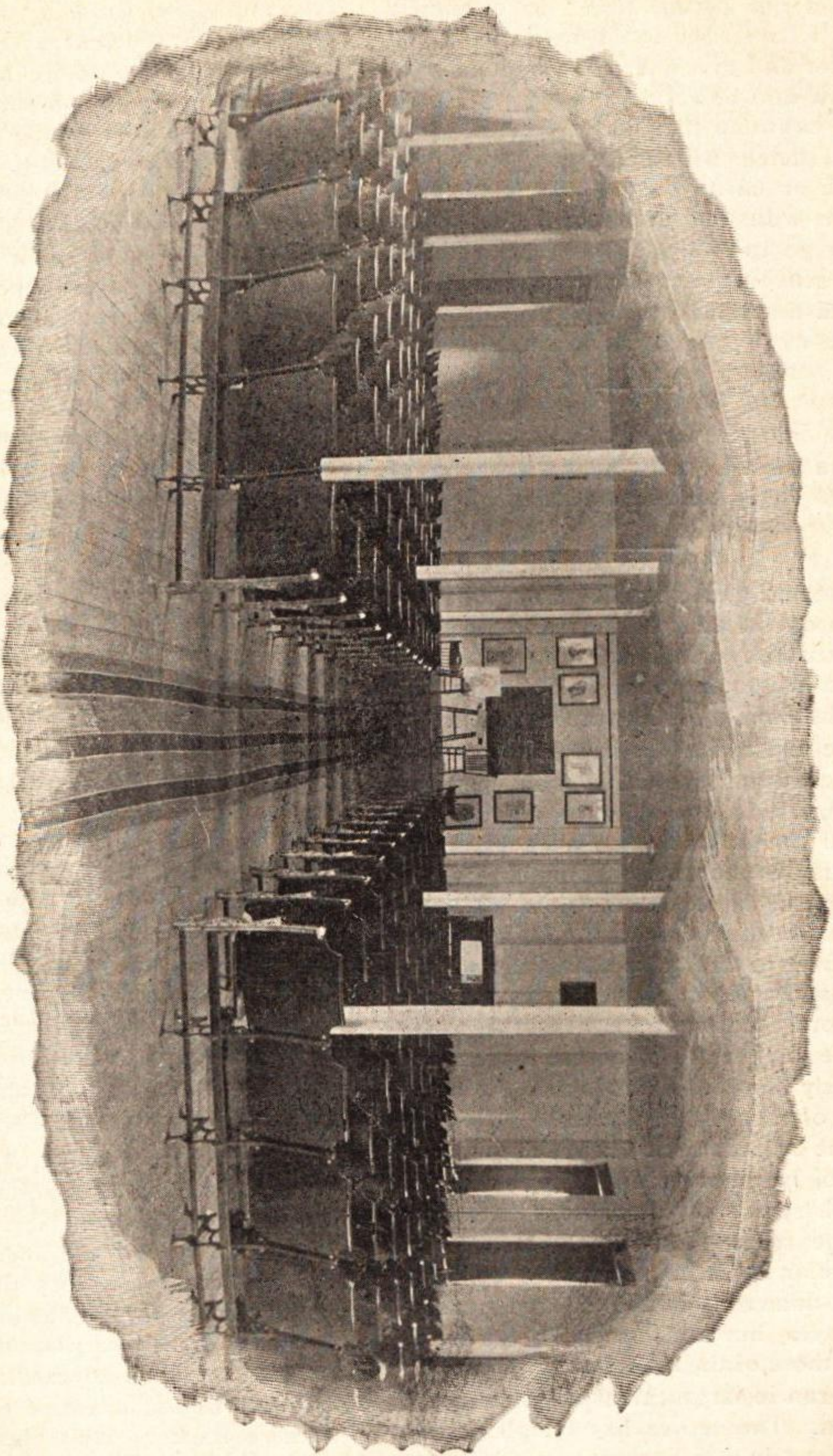
and no young woman said adieu without the voiceless but voiceful tear, pledging a woman's affection for a woman. If I had a daughter who wanted to study osteopathy, I would send her to the Still College, and I would give her a letter to Mrs. Still, for in her she would find a tender friend and wise counsellor. Would that the world was blessed with many more such women."

I'm beginning to feel as if I was the editor of this magazine, and I had better stop writing before I bring down upon me the besom of Editor Still's condemnation. I wanted to write about Prof. Hofsess, that fellow who can do ten things at once and do them all well—that genial, reverent scholar, who toils for the love of labor, and I wanted to give my opinion of Col. Shaw, who, after his feats at consolidating colleges and college faculties, should be called Consolidation Shaw, instead of Col. Shaw, but I want something to say the next time I write about this institution and I must not exhaust myself now.

I must also leave to another time a proper reference to the scholarly attainments and natural adaptation of Dr. G. E. Moore, professor of physiology—a teacher of many years and much success; of Dr. Forbes and Dr. Thoburn, whom all the students adore, and the others.

Col. Shaw, let me say in passing, like Prof. Hofsess, is a great worker. In administrative ability he is a model business man. Quick to read human nature, imperturbable and diplomatic, he possesses the elements of a successful manager for a large enterprise, but I must stop.

In this cursory glance at one of the most ably conducted and most promising schools in the United States, no attempt has been made at producing a finished article. The hurry of the hour



ASSEMBLY HALL

would not permit that. In a homely way I have tried to sit down beside my reader and give a brief account of what I saw and how I felt about it. I have not forgotten that many who will read this sketch will some day prove the truth or falsity of my little tale, and I close with the declaration that when they go to Still College they will find the school better than my poor pen could describe.

WM. R. DOBBYN.

Endometritis

Read Before the Iowa State Osteopathic Association.

Among gynecological troubles, perhaps one of the most common disorders that physicians are called upon to treat is endometritis, an inflammation of the lining of the uterus, or to be more exact, if taken in a chronic state, the conditions resulting from such inflammation. In order to fully understand the inflammatory-diseases of the uterus one must know something of the structure of the endometrium. The internal os uteri divides the lining of the uterus into two very different and dissimilar portions, what is termed the corporal endometrium lines the whole inside of the body of the organ and slightly modified extends into the openings of the fallopian tubes.

One characteristic feature is the number of lymphoid cells. There are also lymph spaces in the mucosa extending to the spaces between the bundles of muscular fibres. The lymph vessels are most numerous in the external muscular layer, but are intimately connected with those of the mucosa and serosa and then run in large canals at sides of the uterus. The serosa has lymph vessels arranged in a net work and while not

as numerous as those in subserous tissue, they are much larger.

So in summing up we have this arrangement: The lymph passes from the mucous membrane lymph spaces, into the spaces and vessels of the muscularis and surrounds all the muscular bundles up to the serosa (which, as we all understand, is the peritoneum) and then passes out into large tubes or canals which lie in the broad ligaments. The lymph being gathered up much in the same manner as the blood.

The mucous membrane of the cervix is dense and free from lymphoid elements and is a true mucous membrane. Lymphatics are not numerous and do not enter the broad ligaments, but are joined by those from upper part of vagina and pass back to iliac glands and to those in obturator space.

These facts are to be remembered so that we may fully understand why inflammations starting in vagina or cervix very often do not invade the body of the uterus but pass by the lymph streams out another way.

The normal secretions of the uterus are antiseptic and some insist that they are germicidal to a slight degree. I am inclined to question this point, rather believing that it is the resistance of the normal tissues that prevents the micro-organism from entering the organ, for we find as soon as that resistance is lessened by some pathological condition pathogenic micro-organisms are soon found.

The cervix of the uterus is for the purpose of acting as a sphincter. The fibres in the main being circular, and is not involved in the menstrual action. It is well to always keep this in mind in cases of menorrhagia, even though on examination there should be hypertrophy of cervix discovered. That alone could not be the cause of the trouble for there must be fault above to produce such a condition.

Inflammation of the endometrium should be considered from the standpoint of etiology, as the treatment depends much upon the cause. So we necessarily classify accordingly, into simple or non-infectious and infectious which may for diagnostic purposes be still further divided into septic and specific infection. This latter division being necessary in order to be fairly sure of your prognosis.

A simple endometritis is usually found associated with those lesions which are characterized by a general enlargement, as in malpositions and fibroids, and this condition often follows many acute diseases where we may have three different processes, according to involvement. 1st, increased amount of blood to the uterus, a venous stasis and inflammation of the vessels. 2nd. Granular inflammation. 3rd. Diffuse spreading of the inflammation. Then perhaps the most common cause is exposure to cold, especially during menstrual function.

In considering infectious inflammations there are three ways by which infection may reach the uterus. Lymph stream, blood stream, continuity of surface. As I said before, we divide the infections in septic and specific.

Of course the one diagnostic point between infection and non-infection is the color of the discharge, where no infection exists, discharge is not colored. If infection of either variety, the discharge is purulent or even worse, taking on a dark or green hue at times. The microscope alone can determine the kind of infection.

But remember that whenever a purulent discharge escapes from the uterus it is an absolute indication that pyogenic cocci are in the organ. There are so many ways by which a septic infection may occur that I need only mention a few; following abortion, partu-

rition, use of unclean instruments, especially the use of the sound, and I want right here to give a word of warning in regard to the indiscriminate use of the sound, even for diagnostic purposes.

That it is necessary once in a while to invade the uterine cavity for purposes of diagnosis no one will deny, but how many patients under your care are suffering today because of a septic endometritis due alone to the fact that some one, either through ignorance of the danger or perhaps an entire disregard of what might happen, has, through the use of the sound, carried infection into the body of the uterus.

Possibly the instrument was unclean, perhaps an infection already existed in the tract below, but the results were the same. I consider that much of the success achieved by the osteopaths is due to the fact that in the main there is very little instrumental interference in the treatment of pelvic disorders. The good gynecologist, who must of necessity be a good anatomist, physiologist and pathologist, realizes the structures with which he is dealing, and applies what can well be termed rational treatment in the way of relieving pressure at any point which may be retarding the drainage from the pelvis; at the same time he is treating to allow all the nutritive forces to be directed to the upbuilding of inflamed or diseased tissue.

But now it is to the two different forms of endometritis which are known as atrophic and hypertrophic that I wish to call your attention. These are the results of the acute inflammations which have existed. At first we understand that there has been hypertrophy in the uterine mucosa in all these cases, but as the pathological processes continued, some become atrophic. Now to the physician: What in our patient is indica-

tive of hypertrophic endometritis, regardless of cause? Let me give a typical case: Menorrhagia, sometimes metrorrhagia, profuse leucorrhea, much lumbar and sacral pain in most cases, feeling of weight in the pelvis. In the early stages great tenderness of uterus. We readily see that no matter what the cause, we have here starting in the mucosa, but many times going deeper, inflammation due to congested vessels, followed by an increase of all the structural elements of the part. It is to this increase that we have the excessive menstrual discharge, and the profuse leucorrhea. Whenever there is hypertrophy of mucous tissue there is hypersecretion. In hypertrophic endometritis there may be dysmenorrhea, due to inflamed surfaces. There may be sterility but not so often as in atrophy.

It is from hypertrophic endometritis that there is so often developed uterine polypi.

In atrophic endometritis we have a subnormal condition, an endometrium below par, we find a membrane illy nourished.

Flexions are common causes of such conditions; and as symptoms there will be dysmenorrhea, sterility. No discharge. There may be severe headache with both varieties.

Prognosis in either form usually good, depending somewhat upon the cause. Results not obtained quite so quickly with atrophic as hypertrophic, for in the former variety there must be an entire change in the tissues. Nutritive forces will have to be directed to the part and if flexion of organ exists it must be corrected. No douches are necessary in gynecological disorders unless acute inflammation exists, and then only until you are able to get results by your treatment, which, of course, is directed in every way toward equalizing circulation in the pelvis. Each

individual case demands attention as the causes and results in each differ so widely.

Suffice it to say that we use very little direct treatment to the parts. The work being done mainly by external manipulation, unless there are misplaced organs to be replaced. In cases due to infection much care must be taken not to spread the infection. Experience has shown that osteopathy has done more for these disorders than any other method of treatment, and we number many who have tried osteopathy with good success after having their cases diagnosed as surgical.

DR. ELLA STILL.

Mid-Winter Graduating Exercises.

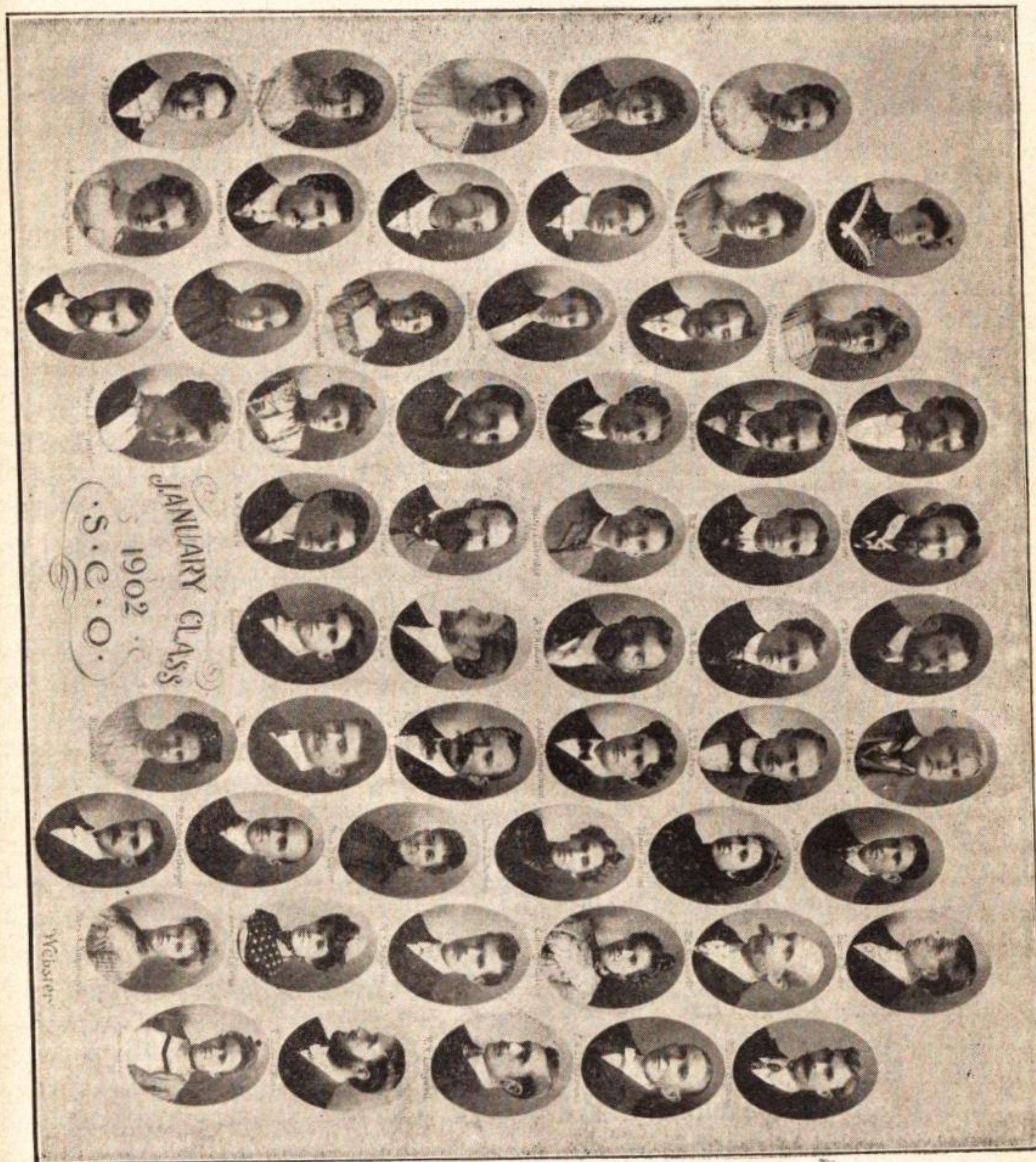
On Thursday evening, January 30th, 1902, in the Auditorium of Still College of Osteopathy, Des Moines, Iowa, occurred the mid-winter graduating exercises in honor of the graduation of the January class. A committee from class June '02 had tastefully draped the auditorium in "corn and wine," the colors of the graduating class, and the central part of the stage was screened with potted palms. The college orchestra rendered a number of choice selections while the large audience was assembling, and at intervals during the program of the evening. The large auditorium was soon filled to overflowing, and many were unavoidably turned away. Promptly at 7:30 p. m. the graduating class in cap and gown, followed by members of the faculty, marched up the center aisle and were seated on the platform. After the invocation by Rev. Simpson Ely, Dr. S. S. Still, the president of the college, in a humorous way introduced the speaker of the evening, Dr. E. J. Freeman, dean of the N. I.

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O., wittily referring to the consolidation of the two schools as a wedding that had taken place in the past few days. Dr. Freeman in the opening of his remarks said that he had not thought of the events of the days immediately preceding as a wedding, and therefore that form of introduction was hardly anticipated by him; that he had not had time since the introduction to come to a conclusion as to who, under the circumstances, would be the bride and who the groom, but supposed that the Still College would be considered the bride as it belonged to that side of the family to be Still.

Dr. Freeman spoke in part as follows: Man is an inquiring being. His subjects are as broad as the universe, as small as the atom itself. In life they are as high as the Eternal God, as low as the simplest life represented by the smallest speck of protoplasm. He knows no limit; he is daunted by nothing; the heights to which he will attempt to scale have never been measured, and the depths to which he will go to solve his problems are measureless. He further referred to the fact that no line of investigation stands alone. No discovery is isolated from its foundation, and all discoveries are but the revelations of the completed buildings upon foundations which have made possible these discoveries. The electric light that lights our homes, the beautiful arc upon our streets, the dynamo that drives our motors, the motors that drive our machinery, the telegraph and telephone that have annihilated distance and placed us in communication with our friends hundreds and thousands of miles away, wireless telegraphy, the x-ray, are not isolated independent truths and discoveries. A connection can even be traced between them all and the kicking of the frog's leg upon the ice table. Without a

Franklin, a Henry, there never could have been an Edison, a Roentgen, a Crooks, a Helmholtz. Other men must have laid the foundation before it was possible for an Edison or a Tesla to exist. They have been reared upon a pinnacle that has been built for them through the ages until they stand upon a plane where they can make investigations which would otherwise have been impossible. Osteopathy is no exception to this rule. Osteopathy is, it is true, a new system of healing, but it is not isolated from nor independent of the great principles of anatomy and physiology which have been discovered in the past. All honor to its great founder who was able to correlate these great facts and principles and deduce from them the great system and science of healing we all know as osteopathy, but without the foundations laid in the past it would have been impossible for him to have reared the splendid structure of the present. He referred to the fact that osteopathy had met and would meet with opposition, but so must every new truth; that it must demonstrate its merits before the conservative public would be ready to drop their cherished ideas received from the past and accept new truth. He also called attention to the fact that public sentiment was fast turning against promiscuous drugging and looking with more favor upon natural methods of healing. He also referred to the harmony of the principles of surgery and osteopathy, and the good success that osteopathy had had in surgical cases in preventing and stopping nausea from the administration of anesthetics.

In closing Dr. Freeman called the attention of the graduates to the great responsibilities they were assuming; that these responsibilities demanded of them that they be absolutely sincere and honest in all they should do; that

to them people would entrust in confidence their most secret and sacred affairs, and that these must be kept absolutely inviolate. He reminded them that their profession would often bring them in contact with the darker side of life; that they would be called to the home of disappointment and sorrow, to the bedside of sickness and death; and yet that in all this there would be ample compensation in the thought that they would be able to bring healing to the sick, relief to the suffering, and hope to the sorrowing.

Dr. S. S. Still followed Dr. Freeman speaking briefly of the harmony that had prevailed between the class and the faculty and of the hopes that the faculty entertained for the successful future of the graduates. He also referred to the first class which had graduated from the institution a little less than three years ago, and stated that at the graduating exercises at that time there were fewer people all told present than were turned away from the doors to-night. He referred to the ever increasing demand over the field for practitioners of osteopathy and stated that almost daily the college was in receipt of letters asking them to send out practitioners. He also read telegrams of congratulations to the graduating class from Dr. Edythe Ashmore of Detroit, Mich., and Drs. Sisson & Sisson, San Francisco, California.

Col. A. B. Shaw, secretary of the college, followed in his usual happy strain, and spoke in some detail as to the events which had led to the consolidation of the Northern with the Still College of Osteopathy. After a few words of good cheer to the graduating class he closed by making the following paraphrase from the dedication of a recent book:

"Go, dear graduates, where you may be sent,

"Bearing an honored name;
"And wherever you have went,
"Make them glad that you have came.

The distribution of the diplomas and the conferring of degrees closed the exercises of the evening.

Erect Form Run Mad

Perhaps the writer, in breasting a leading fashion of the day, should feel the trepidation of stepping in the way of an oncoming mountain avalanche, but though his act may appear audacious, and while he cannot hope to noticeably retard that avalanche, he would not feel his duty, as a physician done, without at least pointing out the danger to those within the pathway of destruction.

It is not here our intention to condemn fashion. We do not say but that the idea of a systematic and regular change of national and international costume may, on the whole, have more to commend than to decry, and we are happy in the thought that we believe fashion to be becoming more rational and more hygienic from year to year, and more noticeably so from decade to decade. People are being educated to give more thought to their health. While we do not object to following the goddess as far as there is a semblance of reason, we do protest most heartily against a blind pursuit of a health-destroying fad, which in a few short years must sow the seeds of disease in the bodies of millions.

The wolf is invading the fold so carefully guised in the fleece of the lamb that he seems not to be suspected. Even medical and hygienic journals seem strangely silent, as though they had not penetrated the deception.

We refer to the new "Parisian form" attained by means of straight front cor-

sets, hose supports, bands, and similar devices. So long as Dame Fashion contents herself with external adornments, however absurd they may appear to us, we, as physicians, may to a

natural form, it is certainly time for warning.

We consider the "new form" as the most deceiving of fashions and the equal in viciousness of any which has ever inflicted deformity and disease upon woman. It is deceiving because it is the exaggeration of a virtue of carriage. Hygienists are ever crying, "stand erect! throw back the shoulders and make lung room. The new form forces compliance with these rules. This, however, is only its hypocritical and lamb-like garb.

We say that it is the equal in viciousness of the worst, so ranking it with the extreme lacing of our grandmothers and the lily foot of the Chinese lady of quality. The question is pertinent that if it causes erect carriage, wherein is its viciousness. We refer to the drawings herewith presented for answer. These figures represent the outline of the female form with the spine and pelvis and heavy vertical lines representing the center of gravity of the body. The first is the healthy, normal and really erect figure; and the second the abnormally erect produced by the new style dress. The first shows the graceful, normal curves of the spine, sufficient to give elasticity and flexibility but not sufficient to impair its strength; the second shows such an exaggeration of the normal, that it amounts to a serious spinal curvature, so serious in fact that were it lateral or even backward, and produced in any other manner, it would be deemed of sufficient importance to demand the most skillful of professional service.

We are impressed once with the beauty and symmetry of the first, but with the second even the first glance is sufficient to disgust.

Let us now study the figures for a moment. The gravity line of the first is seen to pass through the center of

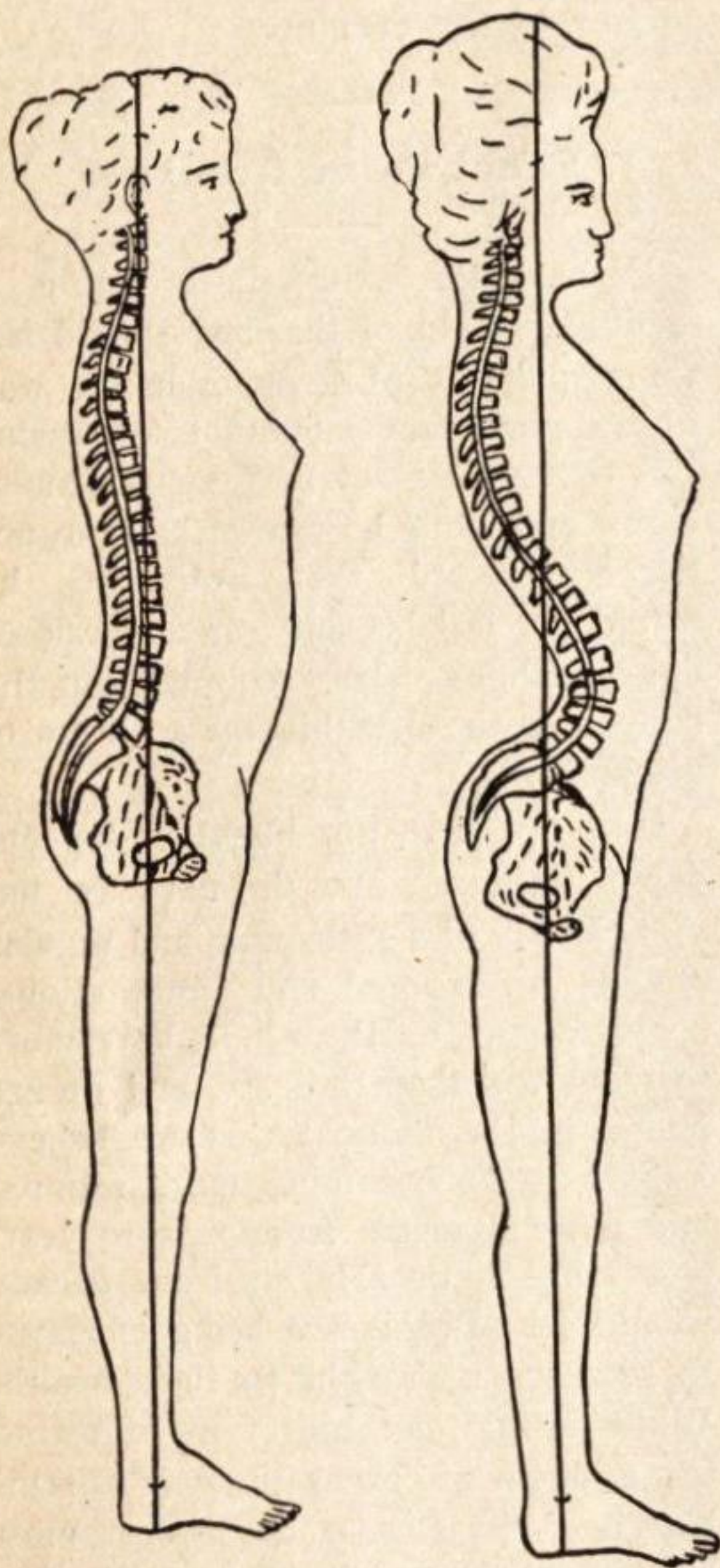


Fig 1.

Fig 2.

certain extent ignore them; but on the other hand, when fashion decrees that the natural form of the human body be completely changed and a new "Parisian," "erect," "military" or call it what you may, is substituted for the

the neck at a point where the head rests upon the vertebral column, so balancing the head, then lower, through the heavy supporting part of the vertebral column, then through the hip, knee and ankle joints, altogether allowing the body to balance itself easily and gracefully. The line outlining the back is seen to be at all points considerably back of the gravity line. In the second figure on the other hand the line passes through the front of the head and neck, entirely in front of the upper part of the spine, but in the lower part, the spine arches entirely in front of this line, and more than that the back line passes to a considerable distance in front. The spine then turns backward and allows the gravity line to pass through hip, knee and ankle. Altogether a peculiar and unnatural poise is produced. The spine is weakened by the excessive curvature, and should one know anything whatever of the importance of the spine and its nervous connections, he must note something of the effect the conditions here evident must produce. The relations of the nerves passing from the spine and supplying the vital organs, must be interfered with, producing a variety of diseases that it is not pleasant to contemplate.

Attention is also called to the altered angle of the pelvis, the upper opening, or entrance, as it is technically called, looking directly forward instead of upward and forward as it should. Some of the effects of this change we shall note later. We cannot, within the limits of this article, dwell at length upon the evil effects of the old fashioned lacing upon the sensitive pelvic organs, as these have been so often before presented to the public, but we shall prove that the evils of the new style must be many times worse. First, the seat of the unnatural spinal curve is such that

the nerves to the pelvic organs must receive much more than their share of the irritation and pressure, so producing disease, and second, because the pressure from the lacing, on account of the changed angle of the pelvis, is directed in such a manner that the abdominal and pelvic contents are forced straight into the pelvis, inevitably producing congestion and prolapse of the organs. The garments are made so that the chest and upper part of the abdomen are comparatively free, but every device is used to bring pressure upon the lower abdomen, forcing the contents backward into the pelvis. First the corset is placed in position and moderately tight, then the abdominal contents and walls are "with the hands forced upward until they are directly in line for corset pressure," and then if directions of the corset makers are followed, we revert to the barbarous practice of past generations and tighten the strings as much as possible. And all this to secure an erect carriage! "O tempora! O mores!" O Woman! where are the muscles with which nature endowed you and with which you were supposed to imitate the God-form? Are they, like the eyes of the ground-mole, functionless from lack of use?

It may be objected that our figures are overdrawn, and while we may admit that the majority of fashionable women have not attained the form shown in our illustration, yet this is the ideal set by all fashion standards, and though it will take some time for womankind to so change her contour as to conform to that ideal (for it takes time to cultivate as well as to cure deformity) yet she seems to be working to that end with a zeal worthy of a better cause.

As she reads this article she will of course console herself with the thought that the lacing she does is not suffi-

cient to do her harm but let her rest assured that she can exert no continuous pressure whatever, in the direction indicated, without tending to the results given above, and as she begins to feel the oncoming symptoms of disease, let her remember the words of this warning.

Now let us ask what is the gain in all this effort to alter form? Is there beauty in it? No artist, either ancient or modern ever designed to take for his model a figure deformed by dress. Suppose that he should paint or model such a figure as we here present, would it find a single admirer? I trow not. It is only when the real figure is disguised by dress that it presents even a measure of attractiveness. Then beware how that God-given form is contorted, and that but for the gratification of a passing fancy!

—Arthur Still Craig, D. O.

Bronchial Asthma,

Clinic Lecture Before the American Association at Kirksville, July 4, 1901, by Prof. Harry W. Forbes, of the S. S. Still College of Osteopathy, Des Moines, Iowa.

Mr. President, Fellow Practitioners, Ladies and Gentlemen:—Mrs. B. comes to us seeking relief from a disability with this clinical history: Suddenly, often in the night, she is seized with a paroxysm of severe dyspnoea. If in the night, she is awakened as from a nightmare, with a sense of weight, and terrible constriction in the chest, and must immediately sit up in bed in her efforts at respiration. There is at first no cough, no expectoration. She has the desire to cough, feels that the cough would certainly relieve her, but experiences that peculiar, poignant suffering

resulting when the afferent paths for a reflex act are excited and the motor fails to respond. The chest stands distended in full inspiration. Contraction of the abdominal muscles makes the abdomen hard as a board. A superficial examination reveals the fact that the main difficulty is with expiration. To get air into the chest is difficult, to get it out seems impossible. We have here typically inspiratory dyspnoea. Auscultation of the chest reveals rales sonorous, rales sibilant, most marked on expiration. Percussion yields hyper-resonance. Later in the attack a harassing cough develops, fruitless at first, but accompanied by profuse expectoration as the attack subsides.

After the paroxysm is over she is as well as ever, but lives in dread of a return. A cold will nearly certainly precipitate an attack in forty-eight hours. Dust from a feather bed or floor, smoke from a pan in which pork is frying, aggravate and at times precipitate paroxysm. With this clinical history the diagnosis is easy. We have a case of bronchial asthma. Duration, seventeen years. The affection as we now see it is an evolution product of seventeen years, modified more or less by change of climate, medication, etc.

Treatment.—We will first speak of treatment in a general way and then attempt to outline a rational treatment for this individual case.

Perhaps in no disease should more importance be attached to the personal factor than in case of bronchial asthma. In dealing with this we find that an influence of the most common, every day kind, such as the odor of a flower or familiar animal, a transient worry, a slight interference with normal elimination, may become the efficient cause of disease (if you choose to dignify it by calling it a disease), or at least of a grave disturbance of vital

functions, because of an extreme personal predisposition. Close observation and control are important for successful treatment.

Etiological Indications.— Preventive Treatment.—When the case comes into our hands it is too late to think of prevention. The disease is on. The considerations to which we are introduced under predisposing causes, should, however, forcibly impress us with the necessity of removing all lesions, recognized as predisposing a person to asthma or other diseases when he comes into our hands for treatment. I appreciate the fact that preventive treatment is unattractive, that its efforts are not so tangible, palpable, or patent to the physician and are made less so to the patient, who may refuse to believe that he ever would have suffered. Yet surely preventive treatments belong to a higher order than remedial. To prevent preserves unsoiled the linen; remedial treatment in its fullest development cannot restore the original whiteness.

Remedial Treatment. — Remedial treatment introduces us to causes of two orders, efficient and predisposing.

Efficient Causes.—Under efficient causes are found included lesions in the upper respiratory passes, bronchial and lungs, e. g., nasal polypi and tumefactions, enlarged tonsils, bronchial catarrh, chronic pneumonia, plastic bronchitis, pleuritic adhesions and the consequence of these, enlarged cervical and bronchial lymph glands, and it is to be studiously remembered, all vertebral, costal, muscular and ligamentous lesions beneath these as causes. The indications for treatment arising from a consideration of these do not require discussion here. Among efficient causes are included various poisons. These are first extrinsic, for example, odor-

ous particles in connection with flowers, animals, etc., pollen, certain drugs, such as ipecacuanha and tobacco; second, those of intrinsic origin, the products of disturbed metabolism. The indication is clear, protection from one, removal of the other. Food feeling and indigestion have much to account for in the causation of asthma. The catarrhal diathesis, or special proclivity to "take cold" must be inquired after before rational treatment is planned.

Predisposing Causes.—Asthma is in its very nature a nervous disease, a disturbance of a great and very sensitive neuro-muscular mechanism. This introduces us to the subject of predisposition, and ladies and gentlemen, think profoundly one moment, all of us are exposed to the efficient causes of asthma, but happily few are burdened with this predisposition. "A nervous system morbidly keen, a bronchial mucosa morbidly sensitive, that responds to degrees of kinds of stimulation which does not affect the average healthy individual." Asthma is but one of many similar disabilities which we meet in human pathology. It resembles irritable heart, nervous dyspepsia, nervous glycosuria, migraine, urticaria, etc. Note the parallel, the odor of a flower, a paroxysm of asthma; an indigestible meal, palpitation of the heart; a meal of shell fish, urticaria; unusual mental or physical exertion, migraine. Not only do these maladies resemble asthma in their mode of origin, but also in the course which they pursue. They are all exquisitely acute, characterized especially by sudden onset of extreme functional disturbance which terminates as abruptly as it begins.

In what does this predisposition consist? Are we content to use a word instead of an explanation? Were you to ask me what I mean by predisposition to asthma, I should reply that grave

functional disturbance is produced in this individual by external influences which do not visibly affect the great majority of mankind, hence, he is predisposed to asthma. This being a fact universally accepted, then a priori this person is differently constituted, has a peculiar organization, aye! if you please, suffers from a certain definite, peculiar disorganization. Let me further and more specifically state, and I ground this observation on experience, and so far as I am aware it accords with the experience of practitioners generally, that this predisposition has for an anatomical basis lesions in the thorax and spine. Usually these are found to be turning and impaction of the ribs on the right side from the third to the sixth, lesions in the corresponding portion of the spine, less constantly lesions in the corresponding ribs on the left side.

Pathological Indications—Beyond the indications arising from a knowledge of the predisposing cause, indications for treatment based on morbid anatomy are those arising from a consideration of the efficient causes and their anatomical basis, e. g., a chronic nasopharyngeal catarrh and the cervical and upper dorsal lesions underlying it, and those arising from the complications and sequelae.

Clinical Indications.—Just as the disease presents in its course the paroxysm and the interval, so the indications for treatment fall naturally under two heads; first, treatment of the paroxysm, palliative in nature, antispasmodic in kind; second treatment during the interval, remedial in nature, alternative in kind. Palliative treatment includes all those measures which may be directed against spasm such as stimulation, by transverse friction, alternate pressure and relaxation, or steady pressure;

of sensory nerve trunks, notably the posterior, lateral-cutaneous and the anterior cutaneous branches of dorsal nerves (in my experience steady pressure—mark, I do not use the term inhibition to designate the method, for it is the result I am endeavoring to achieve—on the posterior branches of the dorsal nerves has yielded the most satisfactory results); gently lifting the clavicles and making firm pressure of the branches of the cervical plexus which descend over it; lifting the hyoid, larynx and trachea, application of heat between the shoulders, etc. Unfortunately, the mind of the patient, and often that of the physician, is concentrated on the paroxysm and measures of a purely sedative kind for its relief, to the neglect of measures of vastly greater importance. Certainly the paroxysm demands treatment, but it is only a small part of asthma and it would be far better to ignore it entirely than to seize upon it as the sole opportunity for treatment. It has another unfortunate side. Asthmatics as a class are intractable, rebellious, neurotic and easily drift into a habit of using morphine, chloral, alcohol, smoking various substances, etc., measures which often afford temporary relief at the expense of future well-being. Hence the importance of inquiring after and stopping such habits in planning rational treatment.

Remedial treatment consists in the removal and counteraction of the predisposing and efficient causes. And while those lesions regarded as the anatomical basis of the predisposition are of capital importance and the necessity for removal is urgent, they are not the only irregularities demanding removal. Those lesions underlying the efficient causes and those which, like a nasal polypus, may become an efficient cause because of being a source of constant

peripheral irritation, require attention. In fact, no lesion however trivial or remote, should be ignored in a disability like bronchial asthma.

Outline in Practice.—Turning our attention now to the individual case, we find in our search for indication in the field of etiology that she suffers with pharyngeal catarrh and chronic bronchitis. Many of the cervical lymph glands are swollen and tender. Symptoms of gastro-intestinal catarrh have been prominent in the whole course of the disease. She perspires freely on little exertion and on halting quickly feels a chill.

Examination of the spine reveals the normal configuration disturbed as follows: The cervical curve is accentuated, dorsal curve diminished, lumbar curve reversed. Cervical lesions: The second vertebra is anterior on the third, fifth, sixth and seventh impacted. Dorsal lesions: Third and fourth vertebra rotated, spine to left, ninth to twelfth slightly posterior and impacted so that they move as one piece. Lumbar lesions: Fourth vertebra posterior on fifth, and because of the reversal of the curve the upper lumbar region is broken. Examination of the thorax reveals a rigid chest, the third and fourth ribs on the right depressed and slightly turned so the interspaces between the third and fourth and fourth and fifth are nearly obliterated; the seventh and ninth ribs on the right, eight and tenth on the left are turned so the lower border is directed more outward than the outer surface upward.

The indication is clear: Removal of all lesions. With due respect for the gastro-intestinal disability we order that indigestible articles of all kinds be avoided; the meals, especially supper, light, and supper eaten at least three hours before retiring. To reduce this

special proclivity to sweat, in addition to the correction of the spinal lesions, we order a soap and water bath each morning.

Prognosis.—The prognosis for this case is fairly good. By persistent and careful treatment we should be able to relieve her.

Treatment in these cases as a rule should not be given more often than once a week. Some cases do well on treatment more often, and in others a longer interval than one week between treatments seems to get the best results. Realizing that many of these lesions are effective because they are sources of peripheral irritation, we should be careful to make each treatment short and specific.

I thank you for your courtesy and attention, and assure you that it has indeed been a pleasure to me to have had the honor of addressing this body of representative osteopaths, a pleasure not unmarred by a feeling of inability. —The Journal of the Am. Osteopathic Association.

My Experience With Typhoid Fever.

Read Before the Iowa State Osteopathic Association

Typhoid fever is a subject it seems to me that ought to be discussed. The medical fraternity stand appalled before it. The leaders of the medical profession declare that drugs are powerless to curb its ravages, that the proper diet and nursing to keep up the vitality of the patient while nature makes a fight for life is all that can be done.

This being true, if we can do better it is well for the world and us that we know it. Let us look for a moment at

the conditions we have to meet. A micro-organism has found lodgement (largely in the intestines), which is a great toxic agent, the toxin thrown off acting as a special irritant to the vaso motor nerves.

These acting on the muscular fibers of the blood vessels contract them; these decrease the lumen and increase the resistance. The heart responds to these conditions, beats harder and faster, and the blood is forced through the diminished space at a much more rapid rate. Friction and heat are consequent. I do not mean that this is the only cause of heat. Increased metabolism oxygenation and so forth are to be taken into account.

Now then, the beginning of our treatment would seem to indicate first a control of vaso motor nerves.

The muscles over vaso motor areas are always contracted. First, take out this contracteur, so that the local irritation may be removed from vaso motor centers.

Then an inhibition to vaso motor nerves. A holding of vertebral arteries to relieve the congestion of the brain vaso motor center. A consequent return to normal of arteries in tone, of heart in action, of brain in control.

At this point a thorough spong bath should be given to reduce the temperature by cooling the blood at the surface. The temperature is now reduced a couple of degrees. But the bacilli are all this time getting in their deadly work and if they are not destroyed the abated fever returns and nothing permanent has been accomplished.

Drug therapy stands helpless at this point.

No drug has been found destructive of bacilli not destructive of tissue. What would destroy bacilli would destroy the patient. Of course we recognize the fact that the white blood cor-

puscle is nature's phagocyte and ought to be able to carry on a successful battle against its enemy.

But the blood vessel wall is thickened, a lessened quantity of blood in bowel area, the blood having been driven to the surface.

Now with the return to normal of the vaso motor control if we will hold the abdominal aorta just above the division into the illiacs we may flood the bowels with blood.

The white corpuscle is thus brought into contact with the parasite and takes up a winning battle.

Osteopathy has risen to the emergency.

The writer has had the fortune to pass through a scourge of typhoid fever. This treatment was carried out in seventeen cases and in every case there was an abatement of the disease before what is considered a typical time.

And the consequent bad sequelae are avoided.

—Dr. C. L. Parsons.

Iowa Falls.

Personals.

Dr. A. P. Kidwell, graduate of the January, 1902, class of Still College, Des Moines, has taken a partnership with Dr. W. A. Crawford, one of the most prosperous practitioners of Buffalo, N. Y., and a graduate of the Northern College of Osteopathy, making a very strong firm for the future practice in that city. Dr. Kidwell writes, "The Osteopaths we have met since leaving Des Moines seem well pleased with the consolidation of your school and the Northern. The more I see and compare the more I am proud of the S. C. O., the best osteopathic college in the world."

Dr. Bemis, of St. Paul, the Bayard Taylor of Osteopathy, continues his lectures on the principles of osteopathy before the sophomore class of the Northern College.

Dr. Austin performed a very delicate surgical operation in the presence of the senior class at the Northern College the other day. The seniors are to be congratulated that such a skilled surgeon is their preceptor.

Dr. Maggie Finlay, of Minneapolis, has been very sick, but is better as we go to press.

Dr. Parker, of St. Paul, who wrote so kindly and entertainingly of the venerable Dr. Still, the founder of osteopathy in the February number of the Northern Osteopath, is highly complimented therefor.

Dr. Freeman, left in charge of the Northern College until its removal to Des Moines, in June next, reports the students as working hard and happy, and having the best feeling possible for the Still College of Osteopathy. The doctor has just added to the equipment for demonstrating in optics. He has now a full set of test glasses and all kinds of eye troubles are now demonstrated and considered. He has recently constructed a model of the human eye which shows all the optical powers of that important organ, including a dilating pupil.

A short letter from Dr. H. Edward Walker, recently graduated from the Northern College, gives us the information that the doctor has located in Escanaba, Michigan. He has the good wishes of many friends in Minneapolis. The Northern Osteopath will be pleased to chronicle his success.

The readers of the Cosmopolitan Osteopath have the pleasure of meeting Dr. C. W. Young for the first time as

editor of the Health Department of the consolidated magazine. Dr. Young is an enthusiast in physical culture, having made that and kindred subjects a study for years, and we think the addition of this department will be received heartily by our readers.

Said Dr. Pickler, of Minneapolis, the other day: "It is not too early to begin to lay plans for attending the American Association of Osteopathy. I wish every osteopathic physician in Minnesota would go and become an active member. The influence of a national meeting will last through a whole year."

Dr. Henry, president of the Northern College of Electro-Therapeutics, will read a paper on "Electricity an Adjunct to Osteopathy" at the next meeting of the State Osteopathic Association, to be held in the spacious reception rooms of Drs. Parker & Bemis, N. Y. Life Bldg., St. Paul, Friday evening, the 14th inst.

We publish as frontispiece the half-tone portrait of Clark M. Proctor, M. D., D. O., president of the Iowa State

Osteopathic Association.—Dr. Clark has an energetic association to manage and we congratulate him upon that fact.

The monthly meetings of the Minnesota State Osteopathic Association, held in one or the other of the Twin Cities, are well attended and the sessions are very satisfactory. Dr. Bemis gave a very excellent paper at the last meeting on "Legislation," which aroused great interest.

The appointment of Dr. J. C. Crowley, of Minneapolis, on the staff of physicians by the Soo Railroad Company marks an important departure in the policy of that great corporation, and a worthy recognition of osteopathy. This appointment is the first of the kind ever given to an osteopathic physician, and Dr. Crowley, and the Soo road, too,

are to be congratulated. Dr. Crowley will bear the honors and the responsibility well, for he is recognized as one of the best equipped and most progressive osteopathic physicians in the state of Minnesota. Osteopathy still continues to win its laurels.

Dr. S. E. Spicer, just graduated by the Northern College of Osteopathy, has decided to make her home in this city. She has opened offices and already has a promising practice.

Hon. E. R. Lynch, of Minneapolis, who has won a reputation for his able and successful battle against compulsory vaccination in Minnesota, being the first and only victory, will contribute an article for the April number of The Northern Osteopath on the question: "Is Compulsory Vaccination Legal?" Our readers will be delighted to peruse Mr. Lynch's article.

Dr. Herron, of this city, who is writing a book on "Facial Massage," finds himself in much demand for that particular treatment since The Northern Osteopath announced his book in preparation. Dr. Herron is a scientist and pursues his studies scientifically and well merits his success.

We were pleased to note the presence of the following alumni at the recent graduation exercises at the S. C. O.: Dr. T. P. Weir, Winterset; Dr. Burton J. Jones, Sac City; Dr. Roy Dysart, Mason City; Mrs. E. L. Burkart, Marshalltown; Drs. W. P. and Augusta P. Macy and Dr. Mary D. Ely, Des Moines; Dr. F. M. Bechly, Guthrie Center.

Dr. Roy S. Dysart and Dr. Laura V. Moore, both graduates of the S. C. O., were united in marriage at the residence of the bride's parents, 1804 High street, Des Moines, Wednesday, Jan. 29, 1902. After the marriage ceremony,

a three course luncheon was served. The company consisted of immediate relatives and friends. Dr. Dysart and wife have located at Mason City, Iowa, where the doctor has been enjoying a nice practice since graduation.

Dr. W. J. Rhynsburger, the pioneer osteopath of Dayton, Ohio, has moved his office to room 602 Conover building.

Dr. Charles D. Ray, of the A. S. O., and Dr. Lillie M. Held, of the S. C. O., have formed a partnership for the practice of osteopathy at Le Mars, Iowa. These are both worthy people and excellent practitioners, and will doubtless meet with success.

Dr. H. E. Baley, St. Louis, has removed from the Century building to more commodious and pleasanter quarters, 203 Odd Fellows' building.

The marriage of Dr. Edward A. Leffring, of Findlay, Ohio, a graduate of the S. C. O., to Miss May Meadows, daughter of Mr. and Mrs. Wm. Meadows, occurred at Toledo, Ohio, Feb. 12, 1902. Dr. and Mrs. Leffring will be at home to their friends at Findlay after the 20th inst.

Dr. B. A. McConnell has purchased the practice of Dr. S. W. Bailey at Underville, Ohio, and will continue the practice at that place.

Dr. O. E. McFaden, of Davenport, was a recent visitor at the S. C. O.

Dr. Ida F. Rosenscraps, formerly of Los Angeles, has recently located at Kalispell, Montana.

Clinical Department.

Paraplegia

Mr. A. was a big husky man, age 50, who was struck by lightning, resulting in cervical paraplegia (total paralysis of both arms); after one course of treatments, he was able to do all kinds of farm and other work, and was discharged cured.—J. M. Smith, D. O., Minneapolis.

Consumption.

March, 1899, in Minneapolis, an exceedingly interesting case came to me for examination and possible help. Age 27. He had been examined here in Minneapolis, and told by the M. D. that he had consumption and could not live to exceed two years, and was advised by him to go to his old home, etc. While there (in Mass.) another examination was made and the M. D. confirmed the former examination and advised him to return at once to Minnesota. Our books show that he received treatments on the 8—10—17—20 of March, 1899, and that he was discharged cured. He is at this writing doing hard work in this city and free from consumptive symptoms.

These two cases of consumption prove conclusively that the dread disease can at certain stages be cured absolutely, and materially helped in almost all stages, by osteopathy.—J. M. Smith, D. O., Minneapolis.

Miss R. H., aged 24, on the day following a Turkish bath with massage, given by a Swedish masseuse, had a severe attack of torticollis, scapulo-

a mysterious power to cure all disease, a severe attack of torticollis, scapulodynia, omodynia, and dorsodynia. The pain was very severe. The patient was given an inhibitive treatment directed to dorsal, cervical and spinal accessory nerves, with slight relaxation of cervical tissues. She moved the head, shoulder, arm, and back freely at the end of the treatment.

This case was a neuralgia due to irritation of the sensory nerves. It illustrates the serious results consequent often upon massage administered to a person of neuropathic disposition. (See Riggs' Theory, page 58.)

From the Shenandoah Sentinel we reprint the following account of an acute case of tonsilitis:

"On the 9th of January, Mabel, my daughter, complained of a very sore throat, and upon looking into the throat I found the tonsils very much swollen, with a white deposit on them. I was alarmed at the condition and called Dr. Dalin. Upon examination he found the throat very much inflamed, tonsils enlarged—the right very much so—and upon the same were large white patches. Indeed the tonsils were so much enlarged that she could swallow only with the greatest difficulty. The only nourishment she could take was in the liquid form—milk, fruit juice, etc. She had some fever which was quickly subdued by Dr. Dalin's treatment. I told Dr. Dalin to treat the case, which he did with much success. After the first treatment most all the white spots in the throat disappeared and after the third treatment she was entirely well. Since that time, Ed, Bert and myself had the same trouble, but osteopathy proved successful in relieving us."—Mrs. E. J. Wolford.—Shenandoah Sentinel.

Health Department.

The coming of spring with its added floods of glorious sunshine will thrill you with ecstasy, if you are healthy.

The shooting forth of green blades and bursting of buds and blossoms will give you joy, if you are healthy.

The return of bright plumaged birds from the southland and the outburst of their songs will give you delight, if you are healthy.

The resurrection all around and the newness of life in nature everywhere will make your soul to respond with harmonious vibrations of intense happiness, if you are healthy.

The above lines will sound like the quintessence of gush, if you are not healthy.

The vanishing cold weather will take away all feeling of energy and vigor and you will read with interest the advertisements for spring remedies, if you are not healthy.

Reader if you want health, you must study for it, and use your common sense to its utmost limit. Don't be controlled by conventionality. Don't be mastered by old habits. Don't sacrifice health to dignity. Get health. You can by a supreme effort. You then can be of use to the world.

Colds.—You catch cold by breathing bad air. People living and sleeping out of doors all the time do not catch cold. You cannot keep from catching cold by dodging drafts, which are always after you and are sure to hit you

some time. The only way to do is to train yourself so you can surely resist successfully any draft you meet.

Always sleep with your bed room window open, no matter how cold the weather is. When you arise in the morning take vigorous exercise with the window open and without any clothes on, then rub the skin thoroughly all over with a soft bristle brush, then take a spong bath or a plunge using cold water only.

If you are not accustomed to these procedures work into them gradually and then never let up. The cold air striking the nude skin is a delicious tonic and the friction bath with bristle brush sends a delightful glow over the whole body and then the cold water becomes pleasant to take and is wonderfully invigorating.

These morning exercises should be vigorous and rapid, but not long continued. Ten minutes may be sufficient—don't tire yourself, but just get the blood to circulating vigorously. If your occupation is sedentary, take similar exercises just before retiring and continue them until you begin to feel somewhat fatigued and ready to take a good night's rest. Ten minutes exercise in the morning and twenty minutes exercise in the evening bringing into use all the muscles of the body and a walk of five miles in the day in the open air is sufficient muscular activity to keep an ordinary person in good health.

Health Science.

We are delighted with the change of name of the "Osteopathic Physician" to "Osteopathic Health." We regard the step as being most certainly in the right direction. The editor declares his purpose to be that of informing "the laity concerning progressive up-to-date health science and the treatment of diseases by a more successful method than giving drugs."

We think there ought to be a health science and that there are laws of health that can be as surely demonstrated as the laws of gravitation, and yet, judging from the tremendous conflict of opinion we must conclude that very few writers on the subject have mastered the science.

Three years ago when the marvelous utility of osteopathic manipulation was absolutely demonstrated to the writer, he was impressed with the fact that the greatest discoverer in the world is Andrew T. Still. The discovery of the expansive power of steam or even of a new world will not prove so useful to man as the discovery of a truly effective method of restoring health to a suffering body.

When the writer began speaking to medical men of the great revelation to him, he was amazed at their absolute refusal to consider the facts. Their pride and prejudice are appalling, when one realizes to what an extent they stand in the way of the best good of their patients. One medical man informed the writer that there was as much sense to Dr. Still's ideas as to the theory that the moon was made out of green cheese.

The writer has since come to the conclusion that there are effective agencies for health restoration other than manipulation that have been just as fully ignored or treated slightly by the greater percentage of the medical

profession, and all these agencies the osteopath can use in combination with manipulation.

The writer has been making quite an extensive study of Physical Culture as taught by Bernarr McFadden, and of Suggestive Therapeutics as taught by Herbert A. Parkyn, and he has been thrilled with admiration for these men. He has become convinced that a complete mastery of the subjects of fasting, exercise, hydrotherapy, suggestion and manipulation will enable one to conquer any disease, where there is no loss of structure and the patient does not deliberately choose to suffer rather than to live according to the laws of health, in order to indulge himself in the supposed enjoyment of living according to the dictates of depraved desires.

The photographs in Vol. V. of the Physical Culture magazine, absolutely demonstrating successful assaults on diseases hitherto considered incurable, are deserving of most careful consideration by every osteopath.

Dietetics

In the "Diet and Digestion Department" of the "Osteopathic Physician" we find a quotation from "Medical Talk" as follows: "Let nature dictate mainly what you shall drink. Follow your own inclinations and allow everybody else to do the same * * * Eat what you wish. Drink what you will." If this is wise there is no science of dietetics. We think such advice is frequently given by osteopathic physicians as well as medical practitioners, much to the injury of their patients. Both patient and physician are too lazy to study and master a difficult and complicated subject. Inclination may be a safe guide to a perfectly normal body, but such bodies are rarer than diamonds. There are millions of human livers that have become de-

ranged by the eating of too much sugar and candy pursuant to the sweet will of their owners. Constipated people seem possessed to eat constipated foods.

We believe the human being was intended to use his reason in selecting his food and regulating the quantity thereof. The sympathetic system which energizes digestion is much smaller proportionately in a man than in a dog.

There are "diet cranks" who go to extremes and injure themselves by too much curbing of their inclinations, but this does not prove that inclination should not be controlled. We believe that self-control is the great secret of life, and that in no activity is it more essential to happiness than in eating and drinking, though it is very commonly lacking here, causing as much misery as any other curse to humanity.

Quantity of Food

Nearly everybody eats too much. We eat and drink to satisfy inclination rather than to build up our bodies. We often eat to please our friends. We often force food into an unwilling stomach, erroneously supposing that we can thereby get strength. We aim to tickle our palates rather than to supply food that will nourish. We finally create morbid appetites which lead us more and more astray, and at last constantly crave stimulants that more surely lead to chronic disease. Users of nicotine and alcohol form a relatively small per cent of the users of stimulants. Every body concedes that the sexual appetite must be governed and controlled. But it is equally necessary for our health and happiness that we control our appetite for food. All athletes preparing for some great contest in physical strength and endurance find their mere inclination a very unsafe guide in choosing their food and drink, and so they follow the directions of experienced trainers.

Rules for Eating and Drinking.

Never eat pork, veal, lamb, pies or pastry. Never use tobacco in any form. Avoid candy and greatly limit the use of sugar. Never drink any liquid containing alcohol, tea, coffee, cocoa or any other poisonous drug. Drink eight to ten glasses of water every day between meals. Use very little water at meals, or none at all. If engaged in a sedentary occupation eat meats only once a day, and don't eat it that often if you can get along just as well without it, and can secure a wide variety of vegetable food. Don't eat fried things. Avoid white bread. Chew your food until it is all a liquid before swallowing. Exert your jaws with snap and vigor. Rapid chewing is healthy. It is injurious to swallow solid fibres or particles. Never under any circumstances eat a mouthful of food unless you are keenly hungry. Go without food for a week, if necessary, to acquire a keen appetite. Air and water are ample nourishment for many weeks to a man who is not hungry. Eat but very small quantities of food for several meals after a fast.

The writer emphatically assures his readers that a strict adherence to these rules will greatly increase their happiness and health. After the appetite has become normal, and a habit of eating only the most nourishing of foods has become established, a refraining from consuming the prohibited food and drink will be no hardship whatever. The delicious delight in satisfying keen hunger with nourishing food ought to be enjoyed as fully in adult years as in childhood days. Its absence, almost universal with men and women nowadays, comes from abnormal habits and unhygienic methods of living.

Obedience of the rules of eating and drinking will neither restore or preserve health, if one is guilty of too

much muscular inactivity or breathing impure air or other hygienic errors.

One cold winter's days an editor for the — Publishing Company in St. Paul had a window opposite his desk open a few inches from the bottom. The windows were fastened, so that they could not be let down from the top. The engineer of the building came to the editor and protested, declaring that it was too expensive to heat all out doors, and that all fresh air needed would come in through the cracks in the sides of the windows. There were double layers of windows throughout the building. There were nearly 500 employes in one air space, the various floors being connected by open stairways. The air was so foul that it smelled like a barnyard. Nearly all the employes after breathing the air all day would become dull, sleepy and stupid long before the hour of closing. Bright red-cheeked girls employed there always lose the beauty of their complexions in less than three years. Death by consumption among the employes is very common and colds and severe catarrh or bronchitis are almost universal. Only the hardiest remain in the employ of the company more than ten years. Most of them go away to regain their health or become incompetent before that time and are discharged. We are told that the company was offered a ventilating device by which plenty of warmed, pure air could be sent throughout the building, but they rejected the offer because it would cost a little over \$300.00. Their capital actually invested amounts to many hundreds of thousands of dollars and they realize 16 per cent per annum as profits thereon; so we are told. This concrete illustration of greed prevailing over regard for health is only a sample of one of thousands of similar conditions in our large cities. Many of the

poorly ventilated basements in our department stores are regular death traps. Let us wake up and ventilate.

"The human family is only beginning to learn how to live right with reference to all capabilities and advantages. The lesson is beyond the writing of any man or any school because it has for its object the systematic and harmonious development of hidden or undeveloped mental and physical capacities. The movement about us is volcanic in its out-pouring and its trembling vibrations. There never was a time when so many agencies were adjusting themselves to developing conditions. One of the greatest of these is health, its saving and getting. * * * How to live and how to equip ourselves for living are the questions which are pushing many rusty questions of the past to one side."—Philadelphia Journal of Osteopathy.

A Victory for Osteopathy.

Iowa State Board of Health Must Recognize It.

Judge Holmes, of the district court, yesterday, in the case of C. L. Parsons vs. the State Board of Medical Examiners, handed down an opinion in which he held that the plaintiff was entitled to a writ of mandamus directing the defendant to issue to him a certificate permitting him to practice osteopathy in this state.

Plaintiff brought the suit as a test case for the Still College of this city, to whose graduates the state board had refused to issue certificates, claiming that it was not up to the standard required by the board.

The court finds that the refusal of the board to issue the plaintiff a certificate was based upon the fact that the board had adopted on December 29, 1898, a

schedule of minimum requirements for schools of osteopathy and that this was in conflict with chapter 69 of the acts of the Twenty-seventh general assembly regulating the practice of osteopathy in Iowa, inasmuch as the general assembly had therein provided what the requirements should be and that it was only left for the board to determine whether the school from which the plaintiff holds a diploma complied with the provisions of this act.

The court found further that the refusal of the Board of Medical Examiners to issue the certificate to plaintiff was based upon an investigation which had not covered the question of whether the school was within the requirements of the statute or not; that it was not within the province of the board to determine more than whether the school was a school of good repute and whether the course of study comprised a term of at least twenty months or four terms of five months each, as provided in the statute, and included the branches of study named in the statute.

The court found that those practicing osteopathy are not within the provisions of the statute relating to the practice of medicine, surgery and obstetrics.

The defendant having raised the question of the constitutionality of the act referred to on the ground that it permits osteopathic physicians to practice their profession without having pursued the same course of study as is required of persons attempting to cure diseases by the administration of drugs or by the practice of surgery, and was therefore in violation of section 6 of article I of the constitution, which provides that all laws of a general nature shall have a uniform operation and that the general assembly shall not grant to any citizen or class of citizens privileges or immunities which upon the same

terms shall not equally belong to all citizens, the court finds that every citizen of the state can, if he desires, bring himself within the provisions of the act and thus secure the privileges provided therein, and for this reason the act is held to be not in violation of this section of the constitution.

The court finds that the act of the board in refusing the certificate was arbitrary and that therefore the writ should issue.

The decision is a complete victory for the local school and is one that has been sought by the osteopaths of the state for the last three years, the state board during that time having refused to issue them certificates.

The State Association of Osteopaths co-operated with the Still school in bringing the suit.—Des Moines Leader, Sunday, Feb. 9, 1902.

A Business Bouquet.

Des Moines, Ia., Feb. 1, 1902.

S. S. Still College of Osteopathy, Des Moines, Iowa.

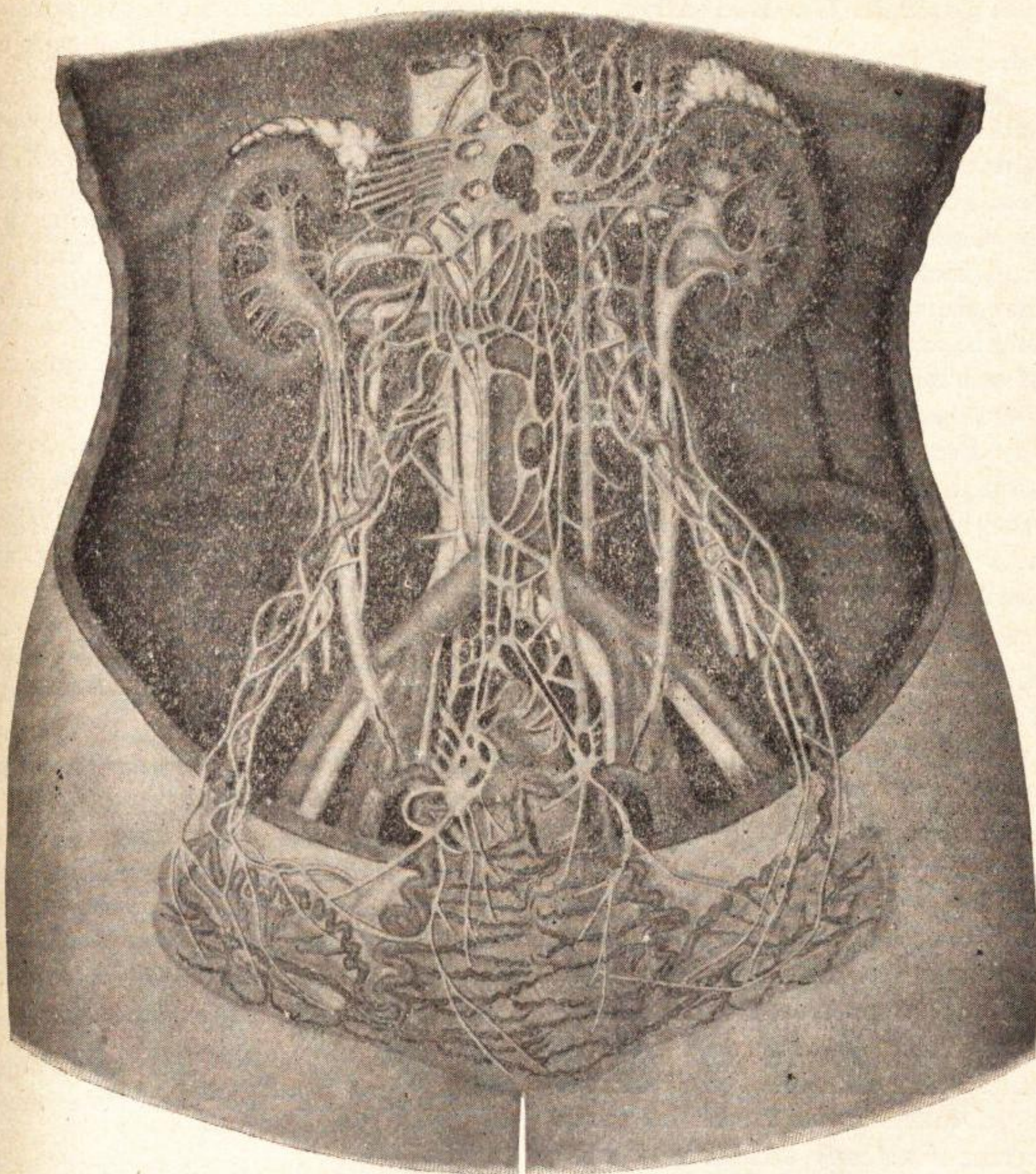
Gentlemen:—Permit the secretary of the Commercial Exchange to congratulate Still Institute upon the exercises of Thursday night.

The large class just graduated is the best evidence in the world of your success,—a sort of living, breathing, hustling testimonial of your management.

I desire to join with your many friends and occasionally stop to "make a note" of your achievements,—54 graduated Thursday night, for instance. Where will the figures land your next graduation day?

Again congratulating Still College and its active managers, but more especially Des Moines, the home of this thriving institution, I am,

Yours very truly,
Milo Ward,
Secretary.



The Circle of Byron Robinson.

Above is reproduced a pastel drawing made by Mr. T. J. Ruddy, a member of the sophomore class at the Dr. S. S. Still College, Des Moines. Dr. S. S. Still offers a prize to each class for the best anatomical drawing in the course of the class work in descriptive anatomy, and the prize is always eagerly contested by a large number of students.

The prize winner for the term just closed is Mr. T. J. Ruddy, who has been especially skillful and fortunate in his work. There is more than ordinary interest in the drawing for the reason

that it is a development from the original study of the blood supply to the pelvic organs, which has been named the "circle of Byron Robinson" in honor of the celebrated physician and professor of gynecology and abdominal surgery, Dr. Byron Robinson, of Chicago, under whom Dr. Ella D. Still took a post graduate course. Those who are personally acquainted with Dr. Robinson and his talented wife, Dr. Lucy Waite Robinson, will particularly value this reproduction and enlargement of his chart.

Energetic in Up-Building.

Dr. E. R. Booth, president of the American Osteopathic Association, recently addressed a letter of congratulation and encouragement to the January, 1902, graduating class of the Dr. S. S. Still College of Osteopathy, Des Moines, which is of such an excellent tone that we take the liberty to reproduce it in full. Its expressions are equally valuable to every regular graduate of osteopathy, and the spirit manifested by President Booth is worthy of emulation by every one who has at heart the advancement of the beloved science.

Following is the president's letter in full:

Cincinnati, Ohio, Jan. 28, 1902.

"American Osteopathic Association, office of the president.

"To the Faculty and Graduating Class. S. S. Still College of Osteopathy, Des Moines, Iowa.

"Dear Sirs:—I see that the time has arrived for the graduation of another class from the S. S. Still College of Osteopathy. As president of the American Osteopathic Association I want to congratulate the faculty of your school and its graduates upon the high degree of preferment already attained. I trust all the graduates will go forth with the enthusiasm necessary to the highest success, and with a determination to exalt the profession they have chosen as their life's work.

Few of us, when we began the practice of osteopathy, realized its possibilities. Its future depends upon the earnest, conscientious, and intelligent work of the graduate practitioners. Our enemies will use every means within reach to stay its onward progress. It is, therefore, necessary for all who have the interest of osteopathy at heart, as well as their own personal interests, to unite in

a common effort to promote pure osteopathy by every legitimate means within reach.

To this end, I hope the time will soon come when all the members of your present graduating class, as well as your former graduates, will become members of the A. O. A. and thus show their appreciation of what this organization has done to secure the rights of every osteopath, and become co-laborers in the good work it has in contemplation for the future.

Full information concerning the A. O. A. can be obtained by addressing Dr. Irene Harwood, secretary A. O. A., New York Life Bldg., Kansas City, Mo.

Yours truly,

(Signed) E. R. Booth,

President A. O. A."

The Following Needs no Comment.

The following telegraphic correspondence is reported to have taken place between the Physicians' Municipal League, of Cleveland, Ohio, and Senator Foraker, of that state:

"Cleveland, Ohio.

"Senator J. B. Foraker, Washington, D. C.:

"Eight thousand physicians in the state of Ohio will hold you responsible if the osteopathic bill to be voted upon by the state Senate at 10 o'clock Saturday morning becomes a law.

"Wm. Ewert, President.

"T. C. Taylor, Secretary.

"Ralph J. Wenner, Treasurer.

"Physicians' Municipal League."

To which the senator replied:

"Your telegram received. I know nothing whatever about the matter to which it refers. I was not aware that such a bill as you mention was pending, much less that it was to be voted upon

today. All this I greatly regret, because if I had been advised I might possibly have helped to pass it, as I would have gladly done for the good of suffering humanity, who should somehow find release, as I did for my son, from dependence on such bigotry, impudence and plantation manners as your telegram manifests.

"J. B. Foraker."

A Valentine Reception.

On Friday evening, Feb. 14, a reception was given to the freshman class of Still College, Des Moines, under the auspices of the Y. M. and Y. W. Christian Associations of the college. Invitations were extended to the faculty and entire student body. The time was divided between the musical entertainment and the social feature. The hall was beautifully decorated with hearts of various hues. "Bisected" valentines, which had to be matched, little packages of candy hearts, labels designating the name of each person and his class, and Cupid's fortune-telling archery were features which helped to facilitate the matter of acquaintance making, which is always one of the commendable features of these social gatherings. A spirit of good will and student fellowship prevailed and the hours passed quickly in the pleasant task of welcoming and introducing the new students to the school.

The Michigan Osteopathic Association.

The Michigan Osteopathic Association held its second annual meeting at Detroit, Feb. 4, 1902. There were forty-eight members present. The morning session was devoted to the business interests of the association and the afternoon session was taken up with the

reading and discussion of papers by the various members.

The committee reports developed the fact that there were a few irregular or unqualified men in the state and as the fine for such an offence is \$100, it was decided to give such offenders notice and deal with them accordingly. A great deal of interest was manifested in the matter of professional fees. It was pretty universally agreed that there should be no deviation from well established customs in this regard. The opinion of the association was that good work cannot be done at a price less than is charged by the best schools and infirmaries. The following officers were elected: President, Dr. H. E. Bernard, of Detroit; vice-president, Dr. Lewis Wycoff, of Saginaw; secretary, Dr. Frederick H. Williams, of Lansing; treasurer, Dr. Robt. McGavock, of Bay City. Executive committee, Drs. Schwartz, Coldwater, Sullivan of Detroit, Harris of Port Huron, Cully of Flint and Dr. W. H. Jones of Detroit.

The afternoon session was followed by a banquet in the Flemish room of the hotel in the evening. The next meeting will be held at Ann Arbor.

Dr. F. H. Williams,
Secretary.

A Word From the Editor.

Contributions of articles along the lines of osteopathic investigation and research are always in order and are always welcomed from any quarter of the world. These articles should represent the best thought in the best form and of the best men in the field. Fellow osteopaths, we shall be pleased to publish, and if you help us to make the consolidated journal all that it should be, you will be pleased to have your articles published in (may we say it) the best osteopathic journal in the world.

At least, by your help, we hope to make it worthy of the high esteem of the entire profession.

Many kind words have come in during the past few days for the Cosmopolitan Osteopath from various parts of the United States from parties who had not yet learned of the consolidation of the Cosmopolitan and Northern Osteopath, including subscriptions for the same. We hope to make the consolidated journal doubly worthy of favor and patronage and earnestly solicit the co-operation of all who are interested in the success of the magazine and of the science of osteopathy. We hope to make each number better than the preceding. This is the only standard of healthy growth. With increased experience, increased facilities and an increased support in the number and character of graduate osteopaths in the field, there is no reason why this should not be so.

Osteopathy, its Scope and Success..

BY A. STILL CRAIG, D. O., IOWA CITY, IA.

The Cosmopolitan Osteopath every month falls into the hands of hundreds of strangers to osteopathy, and we therefore print in every issue a somewhat extended outline of the principles of the science.

Osteopathy's Life Story.

For three thousand years before physiology was possible, before the blood was known to circulate or the brain to think, mankind had been schooled in the belief that in drugs was contained a mysterious power to cure all disease, and while no man of intelligence today believes in the remedies of a hundred years ago, man still believes that if he could but find the right preparation, the demon of disease that he has so long

fought in vain, may be driven out. No wonder it is so hard for him to look upon disease from the osteopathic standpoint of a derangement in the mechanism of the body.

After anatomy and physiology had assumed the role of sciences and osteopathy had become possible, it remained for Andrew Taylor Still, a man eccentric and devoid of regard for conventionalities and precedent (the stones upon which medicine had for so long rested), to throw off allegiance to the old beliefs, and to establish a real system of physiological therapeutics, and a school to promulgate his teachings. The first class to graduate regularly from this school received their diplomas in 1894, while today, but seven years afterwards, there are several thoroughly equipped colleges and some two thousand practitioners in the United States, while some are carrying the gospel of health to other countries.

Naturally the rapid spread of the system aroused the cupidity and jealousy of the medical profession, or a portion of it, and frantic efforts were made to legally forbid its practice. Temporary success was obtained in keeping the practice out of a few states, but the laws thus made have lately been repealed and osteopathic physicians are free to practice and probably are practicing in every state in the Union, while some sixteen states have laws directly recognizing the science.

All this was accomplished notwithstanding the fact that the National Medical Association decided last year to push a vigorous campaign, and the doctors attempted to obtain restrictive legislation in twenty-five states.

Osteopathy's Leading College.

Osteopathy is based largely upon human anatomy and physiology and their application to the body in health and

in disease. It is a living, breathing science and may not be studied as are the cold dead lines of a geometrical diagram. It must be studied from nature, from life and from disease.

Realizing these facts, Dr. S. S. Still and his associates saw that it would be necessary in order that a college should attain the highest possible development, that it should be planted in a city of sufficient proportions to afford opportunity for every student to make a thorough, detailed study of all the human organs in the dissecting room, to be followed by abundant experience in the treatment of actual diseased conditions. They therefore erected a college building in Des Moines, near the heart of the city, where these advantages might be best obtained, and spared no expense in equipping it to the highest standard. A free course of dissection was provided and made compulsory, and a very large clinical practice secured from the unlimited supply which the city affords. As a result the Still College has enjoyed a remarkable growth which has placed it in the front rank of osteopathic colleges.

Meaning of Osteopathy.

Osteopathy (Gr. *osteon*, bone and *pathos*, suffering), or the treatment of disease through replacement of bones, has, like most common terms, far outgrown the earlier ideas of the founder, and therefore its derivation. It is now a complete system of manual therapeutics, of which skeletal adjustment is but a part, although a considerable part, because the bones form the framework for the more delicate superstructure.

Technically we may define osteopathy as the science of treating disease manually, by the adjustment of all parts and organs to their natural relation with each other, thus removing the irritations resulting from their abnormal relations and removing obstruction to

the vital forces and fluids of the body, and by stimulating mechanically all organs to their proper function, or inhibiting abnormally active processes or movements of portions of the bodily organism. Hence the prominence given to the study of anatomy and physiology.

The Body Osteopathically Considered.

The Bones and Ligaments.

The bony system, a model of architectural perfection, combining throughout the greatest possible strength with the least weight, consists of, first, the skull or brain case, complete except for the foramina or openings through which pass the nerves and vessels and the spinal cord; second, the spine, flexible and elastic yet rigid enough to support the head and body, and more than that, containing a large canal in which is the important extension of the brain called the spinal cord. The spine is made up of a large number of irregular bones, between which are the openings transmitting nearly all the nerves to the body as well as the blood which passes inward to nourish the cord. These bones, like all other joints of the body, are held together by strong inelastic bands called ligaments (*ligo*, bind) but which are loose enough to allow the varied motions of the body. These bones may become sufficiently twisted or turned upon each other to cause pressure upon the nerves or vessels which pass between them, or as a whole the spine may become bent in any direction causing the different varieties of spinal curvature, which must be cured, if cured at all, by some such mechanical method as osteopathy; third the thorax. The spine, together with the ribs and the breast bone, form the chest, a bony case, though not as complete as the skull, for the protection of the vital organs, the heart and lungs.

The ribs are attached just at the

openings in the spine and a slight turn in their direction may compress the nerves and vessels passing through these openings. The ribs and breast bone may be dropped or sagged, producing the hollow chest, which predisposes to consumption, and which osteopathy can always correct if taken before actual disease has begun. Other parts of the bony system are the bones which comprise the pelvis and bones of the extremities, which act as supports and levers, all being subject to slight displacements, which are not recognized surgically, but which by irritation and pressure set up a great variety of diseases. So-called sprains of the ankle, wrist, etc., are more frequently slight dislocations of the small bones, which osteopathy may relieve in from one to three treatments, instead of their requiring weeks and months of rest usually prescribed.

Muscles.

The muscles are a group of organs which possess the remarkable property of contractility in response to nervous stimuli. On them depend all the grosser and many of the finer movements of the body and movements within the body. In health these muscles have a slight tension or normal tonicity. This may be exaggerated to a chronic contraction by the increased excitability of a nerve or a group of nerves, and they may therefore either exert pressure themselves upon vessels and nerves and other structures or by their continuous traction upon the bones to which they are attached, may draw these out of their normal relation, bringing the hard bony substance in contact with the more sensitive structures. The muscles most prone to this chronic contraction are the short muscles which control the complex motions of the spine. These draw the ends

of the ribs or other structures across the openings from which the nerves emerge from the cord. A leading feature of osteopathic treatment is the relaxation of these muscles, so affording another reason why the osteopath pays so much attention to the spine. La Grippe is noted for causing such tearing and drawing pains in every muscle of the body and the chronic muscular contractions which it leaves behind account for the great number and variety of after effects which are so notable.

Blood Vessels.

"The blood is the life" as quoted from our earliest literature and we need hardly suggest the importance of proper circulation, one of the principal aims of osteopathic work, yet the fact that the blood circulates at all was not known until three centuries ago and seemingly very little use was made of the discovery before the time of osteopathy. The circulatory system consists of the heart, the tireless blood pump, the arteries which carry the blood to the system and to the lungs, the veins which return the used-up blood to the heart, and the small capillaries that connect them. How many times do we find areas of the body starving for good blood and as a consequence diseased, and this from some simple obstruction to its blood supply, or on the other hand, congested and inflamed because the blood cannot return properly through the veins. Neither bone, ligament, muscle or any other tissue can live without it.

Osteopathy does more however than simply remove obstructions to the flow. It controls the size of the blood vessel through the vaso motor nerves, and relieves anaemia or bloodlessness of a part by direct stimulation to that part, and just as surely relieves congestion

and inflammation, by stimulating the flow from the part.

The Nervous System.

The brain, the seat of reason, sense and will, the brain, the headquarters of the nervous system, though protected by its bony case, is by no means free from external influence or disease. It receives its blood supply through openings in the skull and at these openings or at other points, the blood may be partially shut off from the brain producing anaemic headache or various forms of neurasthenia. Muscles may contract over the veins leading from the brain, causing congestion of the brain, congestive headaches, etc., or causing a blood vessel to burst and there is apoplexy. Osteopathy removes the obstruction to the circulation of the brain and of course the anaemia or congestion disappears; it removes the tendency to apoplexy so that there is less liability to another stroke, while the improved circulation gradually carries away the clot and health is restored, though slowly.

The spinal cord; the continuation of the brain down the spinal canal, only less important than the brain itself, gives origin to most of the nerves of the body. It is, on account of its more exposed position, more subject to external influences than the brain. It is like the brain, subject to anaemia and congestion, to be relieved osteopathically.

Inflammation of certain portions of the cord gives rise to locomotor ataxia, a disease which yields slowly to osteopathy but seems to be incurable otherwise. Inflammation of other areas of the cord gives rise to various forms of paralysis, more or less amenable to the treatment. There may also be pressure on the cord itself caused by dislocated vertebrae, which of course can only be relieved by mechanical treatment.

The nerves form the intricate telegraphic system of the body, carrying their impulses by means of a fluid akin to, but less known than electricity. The nerves carry every command of motion from the brain and nerve centers, and every sensation, conscious or unconscious, to these centers. Each organ in the body is controlled by nerves and is at once diseased when its nerves are affected. These nerves pass out from the brain and cord through the openings mentioned above and we therefore see how important it is that the muscles next to the openings in the skull and those along the spine should not be contracted and so interfering with nervous impulses. Osteopathy relieves the pressure upon nerves, and if they are paralyzed stimulates them to renewed activity, or if over excited, the trained finger of the osteopath quickly quiets them.

Nerve Centers.—Not all the actions of the body are under the control of the will, for in the brain and cord are collections of nerve cells which act together and control most of the animal functions. For example there is a center at the base of the brain which by means of the sympathetic nerve, controls the calibre or size of every minute artery in the body, and consequently the amount of blood which passes through it. Now, from the derangement of this center fever may be caused, and through the control of this center which the osteopath may exert by mechanical treatment of the sympathetic nerve, and through the circulation to this center, the fever may be reduced, in some cases quickly overcome, though in others an irritating cause must be removed before the temperature can be permanently lowered.

Here are centers controlling breathing, the heart beat, coughing, and nearly every function of the body, and all subject to the control of the osteopath.

How Certain Organs are Treated.

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The eyes may be reached osteopathically in several ways. They are superficial so that they may be treated directly, increasing their circulation and improving their shape, for as in the rolling of the clay marble they tend to form the perfect sphere on proper manipulation. Their circulation may also be improved by treatment of the sympathetic nerve and by means of the nervous connection through the spine. All inflammations of the eye, as conjunctivitis, iritis, and granulated lids, may be cured, while the shape of the eye may be so changed as to cure astigmatism, near-sightedness, and such affections, though the chances for a cure are much better in young people than in old. Through the circulation even cataracts may generally be arrested in their growth and in some cases be absorbed.

The heart is directly under control of the nerves, and pressure on these nerves in the neck or at the spine, from muscular contraction or bony displacements will cause derangement which can of course only be relieved by methods akin to osteopathy. By careful observation osteopathic treatment has been proven to increase or decrease the heart rate at once, and very markedly. Functional trouble and even organic weakness has been entirely cured by this treatment.

The lungs are subject to osteopathic control not only through nervous influence, but through the stimulation and exercise that osteopathy gives them, enabling them not only to regain their tone but to throw off the results of inflammation and disease and foreign substances as well.

Asthma is generally wholly due to nervous spasm of the bronchial tubes and in the majority of cases is cured or greatly benefited. Tuberculosis in

the earlier stages may be cured by the treatment with the aid of plenty of outdoor air, as the dead products of disease are thrown off, and the deadly germ combatted by healthy blood, the only reliable germicide. Likewise the inflammation of pneumonia is checked and the fever controlled, and an early recovery brought about.

The liver may be treated through the nerves and by direct stimulation, causing bile to be thrown into the intestine and one form of constipation to be cured. The bile thus being thrown into the intestines instead of into the blood, jaundice is cured. As an illustration of the influence of treatment on the nerves tending upon the passage of gall stones through the bile ducts are in a measure controlled by pressure at the spine, though the severe cutting of some of them renders control impossible. Gall stones are aided in their passage outward, however, and new ones prevented from forming in many cases by the bettered condition of the bile.

The digestive canal. In no class of diseases is osteopathy more successful than in diseases of the stomach and bowels. These organs are reached by both direct treatment and treatment through the nerves. Gastralgia, as is the case with most other neuralgias may generally be relieved at once by a quieting pressure upon the nerves, and diarrhoea may in the majority of cases be checked immediately by the same means. Dyspepsia, gastritis, colic, appendicitis and other affections of the digestive tract may be cured by removing the irritation of the nerves to the organs, and stimulating them to renewed activity.

The female organs of reproduction are among the most delicate and complex in function and are therefore abundantly supplied with nerves. Their derangement, on account of their inti-

mate connection with the sympathetic nervous system, may affect every other organ in the body unfavorably. The organs are held in place by ligaments, but as it is necessary at times for these to be stretched to several times their normal length, they are not so substantial or unyielding as other ligaments. On accounts of their great blood supply these parts are very liable to congestion and inflammation causing dysmenorrhea and other ills, and on account of the yielding character of the ligaments, to become prolapsed, which of course increases the congestion. It is the province of osteopathy to relieve this congestion and inflammation and by doing so to give tone and strength to the ligaments, so that when the organs are replaced there may be something to hold them in place. With these troubles osteopathy has proven very successful. Osteopathy is the woman's friend.

Resume.

Osteopathic methods are natural to the body, as opposed to the introduction of foreign and injurious substances.

They are entirely material and physical, as opposed to the spiritualistic and faith cures, depending on occult powers.

They are applicable to nearly every diseased condition, though we have been able to illustrate with only a few.

Osteopathic physicians recognize surgery as a science, but would in most cases prevent its necessity rather than practice it. Asepsis and anti-sepsis as well as antidotes for poisons are of course recognized and used in indicated conditions.

Osteopathy is successful because it is reasonable and effective and the most refined and educated people are its champions. If properly applied it is not too severe for the weakest or most sen-

sitive, and yet it is forceful enough for the most rugged.

It is cheapest because it does the work and prevents a dribbling expense for years, or a costly and dangerous operation. It has come to stay.

Dr. S. S. Still Elected Trustee of the American Osteopathic Association.

The following letter is self-explanatory. This will go farther toward unifying all reputable osteopathic graduates than any action that could have been taken:

Feb. 21, 1902.

Dr. S. S. Still, Des Moines, Iowa.

Dear Dr. Still: I take great pleasure in informing you that the board of trustees of the A. O. A. have elected you to the position of trustee of that association to fill the vacancy caused by the death of Dr. W. L. Riggs.

In addition to official notification please accept my personal congratulations on the election.

With best wishes for all of your family, I am,

Very truly,
(Signed) Irene Harwood,
Secy.

Consolidation Announcement.

There is a spirit of "merging" or consolidation abroad to the end of greater accomplishments for osteopathy at lessened waste in execution.

The Still College of Osteopathy at Des Moines established The Cosmopolitan Osteopath, not because they wanted to enter the field of publication, but because the science seemed to need a broad, unfettered, really cosmopolitan magazine as an exponent of the system of practice.

It has maintained this magazine with what success the profession and interested public is familiar. Its circulation has ranged from 10,000 to 17,000 copies per month, never less than the smaller number. It is patronized generously by the prosperous graduates from New Brunswick to Honolulu and from Canada to Mexico. Its permanent success is assured.

But the purchase of The Northern College of Osteopathy for consolidation with the Dr. S. S. Still College at Des Moines, the management assumed new cares and duties, rendering still more imperative the release from some responsibilities.

Moreover, they had been impressed with the mechanical and business-like conduct of another magazine of like purpose, The Northern Osteopath, and during the negotiations came to know more of the special fitness of its publishers, Messrs. Wm. R. Dobbyn & Sons, for the duties from which they sought release.

There has been something of a sentiment that the magazines of the profession should be independent of school and professional ownership, and the opportunity seemed ripe for such concession.

The Messrs. Dobbyn have a well appointed printing plant, and are experienced and successful publishers. They are also publishers of another magazine The Progressive Age, and we find that they are not only devotedly sympathetic with all that is osteopathic, but they also enjoy the confidence and friendship of every osteopath of the Twin Cities. Indeed, they have done much to harmonize and unify the practitioners of the two cities by an active exercise of judicious common sense.

On the other hand, being released from all responsibility and planning for the magazine mechanically and in a

business way, the professors of Still college will be freer than ever to give careful discrimination and thought to the editorial responsibilities which they continue to assume.

Under the terms of the transfer, the editorial management will continue to be in the hands of Dr. J. A. Still, of Still college, assisted by a strong corps of the professors of both institutions, now consolidated, and a number of others well known as advocates and practitioners of osteopathy.

It is felt by all parties that the best possible course has been pursued. The utmost harmony prevails and we all unite in the desire to aid, in the best way possible to us, osteopathy in its efforts to create a new regime of health and happiness for mankind.

We feel that in this work no osteopathic institution is too great not to be profited by our success, nor is there a practitioner of osteopathy too remote or too obscure whose interests we will not defend, and to whose heart we will not offer the best we have to comfort and inspire.

The right hand of fellowship and the warm palm of friendship we confidently offer to our brothers and sisters in the field, for we cherish their interests as eminently identical with the great interests of our great new school of healing.

—Col. A. B. Shaw,

for the S. S. Still College of Osteopathy.

Addenda:—The publishers of the consolidated magazine wish to state that they have no financial interests in any college of osteopathy; that no college of osteopathy has any financial interest in their magazine and that they will treat with absolute impartiality all schools of osteopathy recommended by the American Association of Osteopaths.

—Wm. R. Dobbyn & Sons.

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Wm. R. Dobbyn & Sons,

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All letters pertaining to the Literary departments should be addressed to the editor-in-chief, Dr. J. A. Still, 1422 Locust Street, Des Moines, Iowa.

All letters pertaining to the Health Department should be addressed to Dr. C. W. Young, Ph. B., D. O., Germania Bank Building, St. Paul, Minnesota.

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The Vacation Osteopath.

During her vacation the young woman who is studying Osteopathy is trying her skill on her friends, and you can't pay her a more highly appreciated compliment than to ask her to operate" on you. She comes over frequently and inquires if there isn't anything the matter with anybody. As she is more agreeable when we tell her that there is something wrong, we usually own up to headache or colds; and then you should see the glow of satisfaction that lights up her countenance.

"Just recline on that long couch, please," she will say briskly. "Now, where does it ache especially?" And then she will so swing the head and manipulate the neck of the patient that he has to have a good deal of Indian rubber in his make-up to come out of the process alive.

But we've forgiven her everything in consideration of the laugh she gave us Saturday. This is how it happened: She came over and inquired with her usual solicitude about the health of the family. Some one whose eyes were aching sat down, and the Osteopath began a treatment which was progressing well when an old duck waddled up beneath the open window (all this happened in a thinly populated suburb) and sang the little song peculiar to that bird. We all tried not to laugh, but the "quack, quack" was so plain that before we knew the whole family was shouting.

The Osteopath was equal to the occasion, however. "I take that as a personal affront," she said. "I haven't the least doubt in the world that that disgusting fowl belongs to the M. D. upon the corner, and that he sent it over here to call me names."—Chicago Record.

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to purchase one of the best paying Osteopathic practices in the city of Chicago at less than half what it is worth, with a guarantee fully proven by books, and otherwise, that it has paid over 100 per cent net profit on a capital of \$7,000.00 after every expense, heat, light, rent, laundry, etc., was deducted, leaving NET earnings of above \$7,000.00 a year for the past two years. Said practice, including about \$800.00 worth of furniture, can be purchased for \$2,000.00 cash; \$1,000.00 good notes and \$500.00 to be taken out of the earnings during the first six months. You can step into a well paying office practice from the first day. This offer not available after April 1st. Good reasons given for selling.

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